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TIVICAY is a prescription HIV medicine that is used with other antiretroviral medicines to treat Human Immunodeficiency Virus-1 (HIV-1) in adults and children 12 years of age and older and weighing at least 88 pounds. It is not known if TIVICAY is safe and effective in children younger than 12 years or who weigh less than 88 pounds.

In SINGLE, a clinical study with 833 patients who had never taken HIV treatment before:

- **More patients got to undetectable (less than 50 copies of HIV-1 RNA in a milliliter of your blood) with TIVICAY 50 mg once daily and abacavir sulfate + lamivudine than with Atripla.[®]** In the study, 88% of patients who took TIVICAY with abacavir sulfate + lamivudine were undetectable vs 81% of patients taking Atripla at 48 weeks.

Patients who took TIVICAY with abacavir sulfate + lamivudine had an average CD4 cell count (CD4 cells are T-cells that help fight infections) increase of 267 cells/mm³ (the number of CD4 cells per cubic millimeter of blood) vs 208 cells/mm³ in patients who took Atripla at 48 weeks.

- **Fewer patients stopped taking TIVICAY due to side effects.** In the study, 2% of patients taking TIVICAY with abacavir sulfate + lamivudine stopped taking medication due to side effects vs 10% of patients taking Atripla. The most common mild side effect for patients on TIVICAY was trouble sleeping—affecting 7% of patients on TIVICAY and 3% of patients on Atripla. The most common medium to severe side effects for patients on TIVICAY were trouble sleeping—affecting 3% of patients on TIVICAY and 2% of patients on Atripla; and headache—affecting 2% of patients on TIVICAY and 2% of patients on Atripla.

In SPRING-2, a clinical study with 822* patients who had never taken HIV treatment before:

- **It was shown that TIVICAY[†] worked as well as raltegravir[†] in getting patients to undetectable (less than 50 copies of HIV-1 RNA in a milliliter of your blood).** 88% of patients who took TIVICAY[†] were undetectable vs 86% of patients taking raltegravir[†] at 48 weeks.

About half of the patients who took TIVICAY[†] or raltegravir[†] had a CD4 cell count increase of at least 230 cells/mm³ (the number of CD4 cells per cubic millimeter of blood) at 48 weeks. The other half had increases of 230 cells/mm³ or less.

- **Few patients stopped taking medication due to side effects.** 2% of patients taking TIVICAY[†] stopped taking medication due to side effects vs 2% of patients taking raltegravir[†]. The most common mild side effect for patients on TIVICAY was trouble sleeping—affecting 1% of patients on TIVICAY and less than 1% of patients on raltegravir. The most common medium to severe side effect for patients on TIVICAY was nausea—affecting 1% of patients on TIVICAY and 1% of patients on raltegravir.

*808 patients were included in the study results.

[†]Taken with either abacavir sulfate/lamivudine or emtricitabine/tenofovir.

Your results could vary.

Ask your healthcare provider if TIVICAY is right for you.

What is TIVICAY?

TIVICAY is a prescription HIV medicine that is used with other antiretroviral medicines to treat Human Immunodeficiency Virus-1 (HIV-1) in adults and children 12 years of age and older and weighing at least 88 pounds. HIV-1 is the virus that causes Acquired Immune Deficiency Syndrome (AIDS). It is not known if TIVICAY is safe and effective in children younger than 12 years or who weigh less than 88 pounds.

TIVICAY does not cure HIV-1 infection or AIDS. You must stay on continuous HIV-1 therapy to control the HIV-1 infection and decrease HIV-related illnesses.

IMPORTANT SAFETY INFORMATION

Who should not take TIVICAY?

- **Do not take TIVICAY if you take dofetilide because of a life-threatening interaction.**

What are the most serious side effects of TIVICAY?

- **Allergic reactions. Stop taking TIVICAY and get medical help right away if you have:**
 - **A rash with any of these symptoms:** fever; general ill feeling; extreme tiredness; muscle or joint aches; blisters or sores in your mouth; blisters or peeling of your skin; redness or swelling in your eyes; swelling of your mouth, face, lips or tongue; problems breathing.
 - **Any of the following signs or symptoms of liver problems:** yellowing of your skin or whites of your eyes; dark or tea-colored urine; pale-colored stools (bowel movements); nausea or vomiting; loss of appetite; pain, aching, or tenderness on your right side below the ribs.

- **Changes in liver tests.** People with a history of hepatitis B or C virus may have an increased risk of developing new or worsening changes in certain liver tests during treatment with TIVICAY. Your healthcare provider may do tests to check your liver function before and during treatment with TIVICAY.
- **Changes in body fat** can happen in people who take HIV-1 medicines, including increased amount of fat in the upper back and neck ("buffalo hump"), breast, and around the middle of your body. Loss of fat from the legs, arms, and face may also happen. The exact cause and long-term health effects of these problems are not known.
- **Changes in your immune system** can happen when you start taking HIV-1 medicines. Your immune system may get stronger and begin to fight infections that have been hidden in your body for a long time. Tell your healthcare provider right away if you start having new symptoms after starting your HIV-1 medicine.

What are the other possible side effects of TIVICAY?

- The most common side effects of TIVICAY include trouble sleeping and headache.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the possible side effects of TIVICAY.

Important Safety Information continued on next page.

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What should I tell my healthcare provider before I take TIVICAY?

Before taking TIVICAY, tell your healthcare provider if you:

- have ever had an allergic reaction to TIVICAY
- have or had liver problems, including hepatitis B or C
- have any other medical condition
- are pregnant or plan to become pregnant. It is not known if TIVICAY will harm your unborn baby
- are breastfeeding or plan to breastfeed. **Do not breastfeed** if you take TIVICAY. You should not breastfeed if you have HIV-1 because of the risk of passing HIV-1 to your baby. It is not known if TIVICAY passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby.

Tell your healthcare provider about all prescription and non-prescription medicines, vitamins, and herbal supplements you take.

TIVICAY and other medicines may affect each other, causing side effects. TIVICAY may affect the way other medicines work, and other medicines may affect how TIVICAY works.

Especially tell your healthcare provider if you take:

- other HIV-1 medicines including: efavirenz (SUSTIVA®), etravirine (INTELENCE®), fosamprenavir (LEXIVA®)/ritonavir (NORVIR®), nevirapine (VIRAMUNE®), or tipranavir (APTIVUS®)/ritonavir (NORVIR).

- antacids or laxatives that contain aluminum, magnesium or calcium, sucralfate (CARAFATE®), iron or calcium supplements, or buffered medicines. TIVICAY should be taken at least 2 hours before or 6 hours after you take these medicines.
- anti-seizure medicines: oxcarbazepine (TRILEPTAL®), phenytoin (DILANTIN®, DILANTIN®-125, PHENYTEK®), phenobarbital (LUMINAL®), carbamazepine (CARBATROL®, EQUETRO®, TEGRETOL®, TEGRETOL®-XR, TERIL®, EPITOL®)
- St. John's wort (*Hypericum perforatum*)
- a medicine that contains metformin
- rifampin (RIFATER®, RIFAMATE®, RIMACTANE®, RIFADIN®)

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Patient Information for TIVICAY on the next pages and discuss it with your healthcare provider.

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DGV173R0 January 2014



PATIENT INFORMATION

TIVICAY® (TIV-eh-kay) (dolutegravir) Tablets

Read this Patient Information before you start taking TIVICAY and each time you get a refill. There may be new information. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is TIVICAY?

TIVICAY is a prescription HIV medicine that is used with other antiretroviral medicines to treat Human Immunodeficiency Virus-1 (HIV-1) infections in adults and children 12 years of age and older and weighing at least 88 pounds. HIV-1 is the virus that causes Acquired Immune Deficiency Syndrome (AIDS). It is not known if TIVICAY is safe and effective in children under 12 years of age or who weigh less than 88 pounds.

When used with other HIV-1 medicines to treat HIV-1 infection, TIVICAY may help:

- Reduce the amount of HIV-1 in your blood. This is called “viral load.”
- Increase the number of white blood cells called CD4+ (T) cells in your blood, which help fight off other infections.
- Reduce the amount of HIV-1 and increase the CD4+ (T) cells in your blood which may help improve your immune system. This may reduce your risk of death or getting infections that can happen when your immune system is weak (opportunistic infections).

TIVICAY does not cure HIV-1 infection or AIDS. You must stay on continuous HIV-1 therapy to control HIV-1 infection and decrease HIV-related illnesses.

Avoid doing things that can spread HIV-1 infection to others.

- Do not share or re-use needles or other injection equipment.
- Do not share personal items that can have blood or body fluids on them, like toothbrushes and razor blades.
- Do not have any kind of sex without protection. Always practice safe sex by using a latex or polyurethane condom to lower the chance of sexual contact with any body fluids such as semen, vaginal secretions, or blood.

Ask your healthcare provider if you have any questions about how to prevent passing HIV to other people.

Who should not take TIVICAY?

Do not take TIVICAY if you take dofetilide. Taking TIVICAY and dofetilide can cause side effects that may be life-threatening.

What should I tell my healthcare provider before taking TIVICAY?

Before you take TIVICAY, tell your healthcare provider if you:

- have ever had an allergic reaction to TIVICAY
- have or had liver problems, including hepatitis B or C infection
- have any other medical condition
- are pregnant or plan to become pregnant. It is not known if TIVICAY will harm your unborn baby. Tell your healthcare provider if you become pregnant while taking TIVICAY.

Pregnancy Registry. There is a pregnancy registry for women who take antiviral medicines during pregnancy. The purpose of the registry is to collect information about the health of you and your baby. Talk to your healthcare provider about how you can take part in this registry.

- are breastfeeding or plan to breastfeed. **Do not breastfeed if you take TIVICAY.**

- You should not breastfeed if you have HIV-1 because of the risk of passing HIV-1 to your baby.
- It is not known if TIVICAY passes into your breast milk.
- Talk to your healthcare provider about the best way to feed your baby.

Tell your healthcare provider about the medicines you take, including prescription and over-the-counter medicines, vitamins, or herbal supplements. TIVICAY and other medicines may affect each other causing side effects. TIVICAY may affect the way other medicines work, and other medicines

may affect how TIVICAY works.

Especially tell your healthcare provider if you take:

- other HIV-1 medicines including: efavirenz (SUSTIVA®), etravirine (INTELENCE®), fosamprenavir (LEXIVA®)/ritonavir (NORVIR®), nevirapine (VIRAMUNE®), or tipranavir (APTIVUS®)/ritonavir (NORVIR).
- antacids or laxatives that contain aluminum, magnesium or calcium, sucralfate (CARAFATE®), iron or calcium supplements, or buffered medicines. TIVICAY should be taken at least 2 hours before or 6 hours after you take these medicines.
- anti-seizure medicines:
 - oxcarbazepine (TRILEPTAL®)
 - phenytoin (DILANTIN®, DILANTIN®-125, PHENYTEK®)
 - phenobarbital (LUMINAL®)
 - carbamazepine (CARBATROL®, EQUETRO®, TEGRETOL®, TEGRETOL®-XR, TERIL®, EPITOL®)
- St. John's wort (*Hypericum perforatum*)
- a medicine that contains metformin
- rifampin (RIFATER®, RIFAMATE®, RIMACTANE®, RIFADIN®)

Ask your healthcare provider or pharmacist if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take TIVICAY?

- Take TIVICAY exactly as your healthcare provider tells you.
- Do not change your dose or stop taking TIVICAY without talking with your healthcare provider.
- Stay under the care of a healthcare provider while taking TIVICAY.
- You can take TIVICAY with or without food.
- If you miss a dose of TIVICAY, take it as soon as you remember. If it is within 4 hours of your next dose, skip the missed dose and take the next dose at your regular time. Do not take 2 doses at the same time. If you are not sure about your dosing, call your healthcare provider.
- If you take too much TIVICAY, call your healthcare provider or go to the nearest hospital emergency room right away.
- Do not run out of TIVICAY. The virus in your blood may become resistant to other HIV-1 medicines if TIVICAY is stopped for even a short time. When your supply starts to run low, get more from your healthcare provider or pharmacy.

What are the possible side effects of TIVICAY?

TIVICAY may cause serious side effects, including:

- **Allergic reactions.** Call your healthcare provider right away if you develop a rash with TIVICAY. **Stop taking TIVICAY and get medical help right away if you:**
 - **develop a rash with any of the following signs or symptoms**
 - fever
 - generally ill feeling
 - extreme tiredness
 - muscle or joint aches
 - blisters or sores in mouth
 - blisters or peeling of the skin
 - redness or swelling of the eyes
 - swelling of the mouth, face, lips, or tongue
 - problems breathing
 - **develop any of the following signs or symptoms of liver problems:**
 - yellowing of the skin or whites of the eyes
 - dark or tea-colored urine
 - pale-colored stools or bowel movements
 - nausea or vomiting
 - loss of appetite
 - pain, aching, or tenderness on the right side below the ribs
- **Changes in liver tests.** People with a history of hepatitis B or C virus may have an increased risk of developing new or worsening changes in certain liver tests during treatment with TIVICAY. Your healthcare provider may do

PATIENT INFORMATION

tests to check your liver function before and during treatment with TIVICAY.

- **Changes in body fat** can happen in people who take HIV-1 medicines. These changes may include increased amount of fat in the upper back and neck ("buffalo hump"), breast, and around the middle of your body (trunk). Loss of fat from the legs, arms, and face may also happen. The exact cause and long-term health effects of these problems are not known.
- **Changes in your immune system (Immune Reconstitution Syndrome)** can happen when you start taking HIV-1 medicines. Your immune system may get stronger and begin to fight infections that have been hidden in your body for a long time. Tell your healthcare provider right away if you start having new symptoms after starting your HIV-1 medicine.

The most common side effects of TIVICAY include:

- trouble sleeping
- headache

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the possible side effects of TIVICAY. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store TIVICAY?

- Store TIVICAY at room temperature between 68°F to 77°F (20°C to 25°C).

Keep TIVICAY and all medicines out of the reach of children.

General information about TIVICAY

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use TIVICAY for a condition for which it was not prescribed. Do not give TIVICAY to other people, even if

they have the same symptoms you have. It may harm them.

You can ask your pharmacist or healthcare provider for information about TIVICAY that is written for health professionals.

For more information call 1-877-844-8872 or go to www.TIVICAY.com.

What are the ingredients in TIVICAY?

Active ingredient: dolutegravir sodium

Inactive ingredients: d-mannitol, microcrystalline cellulose, povidone K29/32, sodium starch glycolate, and sodium stearyl fumarate. The tablet film-coating contains the inactive ingredients iron oxide yellow, macrogol/PEG, polyvinyl alcohol-part hydrolyzed, talc, and titanium dioxide.

This Patient Information has been approved by the U.S. Food and Drug Administration.

Manufactured for:

by:



ViiV Healthcare
Research Triangle Park, NC 27709
August 2013

TVC:1PIL

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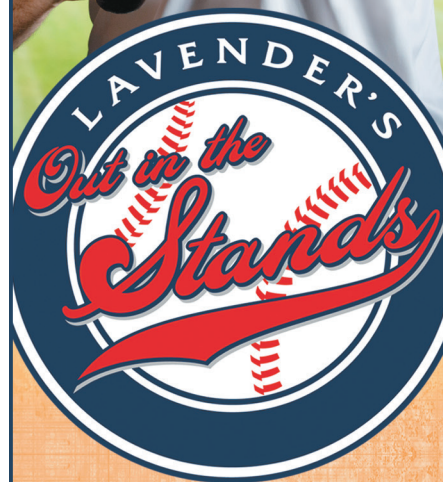
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Local GLBT Community Loses Activist Harvey Hertz Owned A Brother's Touch Bookstore for 20 Years

Harvey Hertz, 73, died June 26 in his home at Spirit on Lake in Minneapolis—appropriately enough, during Pride Week. Born May 10, 1941, in Brooklyn, New York City, he moved to Minnesota in 1978 when he went into drug treatment. At the time of his death, he had been sober for more than three decades.

On April 4, 1983, Hertz opened A Brother's Touch, Minnesota's first gay and lesbian bookstore, at Nicollet and Franklin in Minneapolis. It was a difficult time for the GLBT community, as it was the year the AIDS crisis began to make headlines nationwide. He relocated the business to Hennepin and 24th in Minneapolis in the 1990s. In late May of 2003, he closed A Brother's Touch because of declining sales.

Before A Brother's Touch debuted, it was difficult to find gay and lesbian books or magazines in the Twin Cities, except for pornography at adult bookstores. Hertz was adamant that his would not be an adult establishment.

Early on, Hertz fought the phone book company. He placed an ad for the bookstore and asked for it to be printed under the category "Gay." The company insisted on printing it under "Adult Bookstore." Eventu-

ally, Hertz won the battle.

I recall a telling incident in the late 1980s when I was in A Brother's Touch. A middle-aged man, assuming it was an adult bookstore, came up to the counter and handed Hertz two one-dollar bills. The man said, "Give me eight quarters. Where are the booths in this place?" An exasperated Hertz retorted, "This is *not* an adult bookstore! It's a gay B. Dalton's [referring to a popular book chain of the time]." The obviously confused man left A Brother's Touch without saying another word. But as always, Hertz had made his point.

For 20 years, Hertz used A Brother's Touch as an important way to further local GLBT activism. He was a proud member of the gay and sober communities to the end.

Hertz is survived by his brother and sister-in-law, Barry and Carol, of New Jersey.

If you wish to make a donation in Hertz's memory, I would suggest Quatrefoil Library, of which he was a great supporter. Visit www.qlibrary.org. ■

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CONTENTS

LAVENDER®

FEATURE: PRIDE IN PETS

- 33 Vet Q&A
- 34 Rescue Spotlight: Secondhand Hounds
- 42 Pets & Travel
- 44 Dog Daycares

SPECIAL: FITNESS QUARTERLY

- 52 Every Body is a Yoga Body
- 56 Gym Owner Q&A

OUR LAVENDER

- 7 Obituary
- 12 From the Editor
- 14 A Word in Edgewise
- 15 Bear With Me (While I Tell You About)...
- 16 Lavender Lens

OUR SCENE

- 20 Taste Buds with Pat Evans: Copper Hen
- 26 Travel: Croatia
- 28 Arts: Spotlight
- 32 Sports: Playing for the Other Team
- 48 Karamo Brown
- 51 Bar Showcase

OUR AFFAIRS

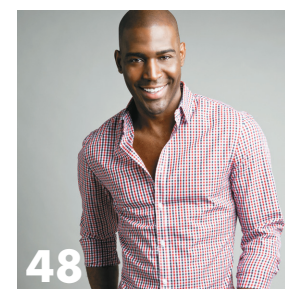
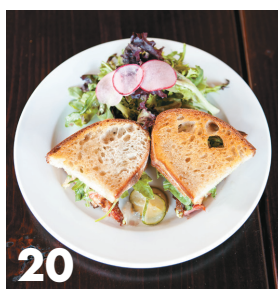
- 58 Big Gay News

OUR RESOURCES

- 59 Classifieds
- 62 The Network
- 64 Community Connection

OUR VOICES

- 60 Dateland
- 60 Trolin
- 66 Through These Eyes



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ON THE COVER

Pride in Pets is all about our favorite furry friends and family.
Photo by Karin Newstrom,
www.karinnewstrom.com



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CONTRIBUTORS



E.B. BOATNER



PAT EVANS



KATHLEEN
WATSON



ELLEN KRUG



JUSTIN JONES



CARLA
WALDEMAR



JOHN TOWNSEND



RANDY STERN



JENNIFER
PARELLO



SHANE LUECK



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GELHAUS

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Editorial

Managing Editor Andy Lien 612-436-4671

Editorial Assistants Linda Raines 612-436-4694,
Shane Lueck 612-436-4692

Editor Emeritus Ethan Boatner 612-436-4670

Editorial Associate George Holdgrafer 612-436-4672

Copy Editor Bridget Rocheford-Kearney

Contributors Pat Evans, Nell Gelhaus, Ed Huyck, Justin Jones,
Brandon McCray, Ellen Krug, Steve Lenius, Jennifer Parello,
John Townsend, Carla Waldemar, Randy Stern, Shane Lueck,
Kathleen Watson

Advertising

Sales & Advertising Director Barry Leavitt 612-436-4690

Senior Account Executive Suzanne Farrell 612-436-4699

Account Executives Robert Felton 612-436-4697, Richard
Kranz 612-436-4675, Anton Reichl 612-436-4695

Advertising Associate George Holdgrafer 612-436-4672

Sales & Advertising Traffic Coordinator

Linda Raines 612-436-4694

Sales Appointments Michelle Ulmer 612-436-4693

Classifieds Suzanne Farrell 612-436-4699

National Sales Representative Rivendell Media
212-242-6863

Creative

Creative Director Hubert Bonnet 612-436-4678

Graphic Designer Mike Hnida 612-436-4679

Photographer Sophia Hantzes

Lavender Studios Hubert Bonnet, Mike Hnida,
Austin Lindstrom

Administration

Publisher Lavender Media, Inc.

President & CEO Stephen Rocheford 612-436-4665

Vice President & CC Pierre Tardif 612-436-4666

Chief Financial Officer Carolyn Lima 612-436-4664

Administrative Assistant Austin Lindstrom 612-436-4661

Founders George Holdgrafer, Stephen Rocheford

Inspiration Steven W. Anderson (1954-1994), Timothy J. Lee
(1968-2002), Russell Berg (1957-2005), Kathryn Rocheford
(1914-2006), Jonathan Halverson (1974-2010), Adam
Houghtaling (1984-2012), Walker Pearce (1946-2013)

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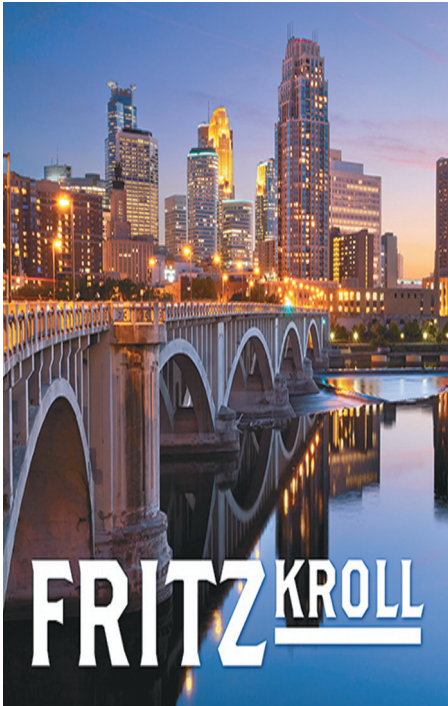
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Bob Paul

Heart on a Leash

I have a dog named Grendel. He's blonde-haired, blue-eyed, and has the build of a Basset Hound; short, stocky, and heavy. I haven't talked about him here for a few years; life's just been rolling along for us. He's my pet and I treat him like one...he makes my life better and I make his as happy as possible. I don't expect much out of him. He's more like a cat than a dog in that he's usually sleeping when we're home; he doesn't need to play, he'll let me pet him and hold him whenever I want, but he's usually just fine curled up like a crescent roll, keeping a sleepy, hairy eyeball on me. Grendel tends to follow my schedule for sleeping and waking, but will put himself to bed if I'm pulling a late-nighter. He knows some words and commands, but also just follows my biorhythms. We're just so very compatible. He's named after the monster in *Beowulf*, something that couldn't be more of a misnomer.

One night in March, I woke to Grendel having a seizure. The bed was shaking, the room was dark, I didn't have my glasses on, but reflexively grabbed him before convulsed himself off the bed to the concrete floor. I blindly pulled him to the middle of the queen-sized bed so it was surrounding him with padding as he shook. Adding light and my glasses, I saw his little body shaking so hard, his mouth foaming, the bed being soiled. I said soothing things, hoping it would end as soon as it had begun. Looking at the clock, it took about two minutes for the seizure to stop, but he didn't gain awareness for another few minutes. He was dripping with saliva, his eyes were so big, his ears were back, and my usually independent cat-dog just wanted to be held. Then, it was another hour of tending to him before he seemed to be Grendel again.

I spent the next hours before dawn scouring the internet for what could be expected next. Why did he have a seizure? What did it mean? Would there be more? Is he okay? Is he hurt? Do I need to take him to the emergency vet? Is my dog broken? I called my vet and made an appointment for as soon as they could get me in that day, once it was open. Nothing I'd read made it sound like it was an emergency situation and I certainly don't have the income to go all-out for just any kind of care my fraying nerves seem to think is necessary. Later that day, I took him to see Dr. Mary Philippson at Ark Pet Hospital in New Brighton. What's important in a veterinarian is not only what they know and how they treat your animal, but how they treat us, the owners. And Dr. Mary has this serenity about her that puts me at ease. She assured me that Grendel felt no pain during the seizure, something which worried me most. The sight was so horrific, but I was relieved that he didn't even know it had happened. We ran a battery of tests, Grendel turned out to be really healthy, and she gave me the same explanation of what seizures might mean as given by Dr. McCarl in our Vet Q&A in this issue (pg. 33). We decided that it must have been a glitch, a "one-off" seizure. Still, it took both Grendel and me a few days to recover. We were both a little spooked.

Life went on, Grendel and I continued our happy life together, just loving to loaf around and be near each other. One evening in June, Grendel suddenly had another seizure. Like the other time, as abruptly as

it started, it stopped, and my waggy-tailed dog was suddenly back and looking for love. He even seemed to be smiling.

Grendel ended up having four seizures in 18 hours. After the first three which kept us both up most of the night, I knew I had to take him to see Dr. Mary. That's the thing, once her eyes were on Grendel, I would feel that much better. Handling the seizures solo through the night, I started to know what to expect each time, and had a routine by the end of them. But, not knowing what was to come was exactly what I needed from the vet. I'd been ugly-crying for hours by the time we saw her and I just gestured to my face and leaking eyes when I saw her calm expression, "Yeah, this'll just keep happening. It's not going to stop." But, it was okay and we were okay. She took blood and checked him out, I sat on the floor of the exam room with my 48-pounder on my lap for a few hours, waiting for the results. I didn't want to go home and be alone without knowing what was going on.

As it happens, what was happening is likely epilepsy. It wasn't anything to do with the rest of his body, but something in his head was causing seizures. It was time to try phenobarbital. It was time to get up off the floor. It was time to go home. It was time to recover.

That was a month ago. Since then, Grendel's gotten a half a pill every 12 hours to control his seizures. He's slower due to the sedative effect, but seems to be getting faster every day, with the exception of a little drag in his hind feet. It was a rough recovery, but we've made it this far. What caused this epilepsy? We don't know. What stopped the seizures? Medication. What stopped my fear? Dr. Mary and a whole lot of people telling me that they have dogs on meds and that everyone is doing just fine.

So, you might notice in our Vet Q&A that the questions echo what I've written here: seizures, what to do when it's your pet's time to pass on, and whether or not dogs smile. In those 18 hours of four seizures, those are the subjects that overtook my mind. From the heavy to the light...because, I swear, after each of his seizures, my blue-eyed dog gave me the goofiest grin when I gathered him into my arms. To me, he was smiling (just as I was, through the tears).

He's my heart on a leash. Out there. Toddling along, curled up in the corner. Appearing to be more badass than he really is. My monster heart. My vulnerable heart. My epileptic heart. ■



With you and with thanks,

Andy



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Kevin D. Williamson Doesn't Believe in Me, Do I Therefore Not Exist?

In response to *Time* magazine's recent cover image and story of transwoman Laverne Cox, Kevin D. Williamson, roving correspondent for the *National Review*, penned a screed entitled, "Laverne Cox is Not a Woman: Facts Are Not Subject to Our Feelings."

Williamson made no attempt to discuss, question, or understand, but from the outset took every opportunity to dehumanize and objectify Cox. He discourteously used the pronoun "he," and eschewed medically and psychologically accepted terms for words calculated to horrify and repel.

For the acknowledged medical term, "sex reassignment surgery," Williamson blared, "genital amputation and genital mutilation," amplifying his fever dreams by labeling legitimate medical procedures as "the offer to amputate healthy organs in the service of a delusional tendency."

All in all, an ugly, self-serving piece that not only hinders future discussion and understanding, but incites readers to hate and despise those they do not understand. I'll not be changing his mind. Instead, I'd like to examine that slippery word Williamson uses in his article's subtitle: "Facts."

Facts have always been subject to change. It was fact, in the dis-

tant past, that everything was composed of earth, air, fire, and water. It was a fact, back in ancient Greece, that there were tiny things called atoms, building blocks that could not be divided further (a-tom?), then, it became fact that there were tinier things that made up those atoms, and now black holes and quantum physics are leading our knowledge of matter and the physical universe into unknown directions and ever-changing facts.

It was a fact in Galileo's world that the sun circled the earth, and his inquisitors made him agree. But as Galileo is said to have said as he departed, "Nevertheless, it does turn." Despite Williamson's desire for his own feelings to create facts—let's say a gender truther—transgender people do live in our world, sometimes work as journalists.

The Catholic Church lifted its ban on Galileo's *Dialogue* in 1882, pardoned him in 1979, and in 1992, 350 years after his death and three years after the Galileo spacecraft was on its way to Jupiter, formally cleared him of any wrongdoing. Williamson may just need more time.

No need to defend my, or Ms. Cox's, humanity. We exist. That's a fact. ■

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OUR LAVENDER

"BEAR" WITH ME (WHILE I TELL YOU ABOUT)... | BY BARRY LEAVITT

2ND ANNUAL SAUSAGE FEST

July 11 • 5:30-7:30pm

Nonna Rosa's • 4168 W. Broadway Ave., Robbinsdale

Part of Robbinsdale's Whiz Bang Days, Nonna Rosa presents the 2nd Annual Sausage Fest, "The Ultimate Meet + Eat". The event features Nonna Rosa's famous homemade Italian sausage sandwiches – SOLD BY THE INCH (6 inch minimum)! Hangout on the beautiful Nonna Rosa patio (in their ballroom if it rains) and enjoy your meat and your favorite cocktail, beer or wine. And while on the subject of meat, there will also have a meat raffle, and you can register to win great prizes, including a \$100 Nonna Rosa gift card. Admission is FREE. Go to Facebook and search "2nd Annual Sausage Fest" for more information.

DRIVE-IN NIGHT AT THE MOVIES

July 12 • 5:30pm

Vali-Hi Drive-In • 11260 Hudson Blvd. N., Lake Elmo

Join the Minneapolis Movie Bears and the North Country Bears for their first drive-in event of 2014. All the food, hot dogs, hamburgers, brats, and side dishes are supplied, so you're only responsible for bringing your own movie snacks and beverages. The drive-in shows 3 first run films with the first one starting at dusk. Stay for one film or all of them. The movies playing that evening will be announced about a week in advance. Search "It's Drive In time once again" on Facebook for more information.

LAUGHING AT OUR AGE

July 17 • 7-9pm

Brave New Workshop • 824 Hennepin Ave., Minneapolis



Photo courtesy of Prime Timers MSP

Seniors are the heart and soul of what Little Brothers - Friends of the Elderly (LBFE) is all about. So who better to perform at their upcoming special event than older adults? Laughing at Our Age, will feature its 55+ Student Improvisational Troupe. More than just "putting on a show," improv performers will involve and interact with the audience, at times using topics suggested by audience members or inviting them up onto the stage. "The concept of a 55+ troupe is in keeping with BNW SU's mission to bring improv to every group and every age," said Joe Bozic, director of the BNW Student Union, BNW's improvisational school. "Improvisa-

tion is not just for comedy clubs – it's an art form that can have wonderful effects on our everyday lives. We have students who learn improv to be more comfortable talking in front of people or to be creative and 'play.' Although the performers are 55+, that's where age delineation ends. For sure, improv humor transcends age and time, and breaks through generational barriers. "We're all together at that one moment and place, interacting with each other and building on the energy," said Joe. "We're saying to each other, 'Yes, and...'" Tickets are \$60. Proceeds from the event will benefit LBFE elder programs and services, including in-home visiting, holistic activities and intergenerational programming. To order tickets, email dfehning@littlebrothersmn.org or call 612-746-0726.

ROCHESTER PRIDEFEST

July 17-20

Various Locations • Rochester, MN

Next up on the Pride docket is a trip down south to Rochester for a week-end full of Pride activities, including a Happy Hour at the Wicked Moose, PrideFest Block Party on Peace Plaza, Experimental & Underground Queer Cinema at the Civic Theatre, and Rochester Girls' Dragagonza at Wicked Moose. The weekend culminates with the main vendor event at Peace Plaza, and features a performance by Chastity Brown. Visit www.glsmn.org/Pridefest/ for more information.

MISS TCGSL DRAG SHOW

Sunday, July 20 • 6pm

Solera • 900 Hennepin Ave., Minneapolis

Join The Twin Cities Goodtime Softball League its most exciting league fundraiser of the year, and cheer on teammates and friends as they compete for the title of Miss TCGSL! Hosted by Lucy Stooles, Miss TCGSL is the league's annual fundraiser, which features league athletes performing in drag to raise money for charity. If you've never been to the event before, you seriously need to go. Every year the Miss TCGSL event attracts a full house, and is sure to keep you laughing. The event also features a silent auction. Tickets are \$10 cover or \$25 for VIP seating. For more info, search "Miss TCGSL Drag Show" on Facebook.



Tangletown Garden Tour. Photo by Hubert Bonnet

TANGLETOWN GARDENS' GARDEN & ART TOUR

July 26 • 9am-4pm

Twin Cities' area homes & gardens

If it's the fourth Saturday of July, it must be the annual Tangletown Gar-

dens' Garden and Art Tour. This self-guided annual tour features some of the Twin Cities' best gardens and local art, and proceeds from the tour help fund public art and garden projects in the Twin Cities area. The event has a loyal following, and gains more recognition each year. Tickets are \$25 in advance or \$30 at the door, and the event is held rain or shine. For tickets and more information, visit www.tangletowngardens.com.

TUBING DOWN THE CANNON RIVER

Saturday, July 26 • 10am

Welch Mill Canoeing & Tubing • 26389 County 7 Blvd., Welch

The Minneapolis Movie Bears and the North Country Bears are getting together again for another big day of Tubing down the Cannon River event, but you don't have to be a bear, cub, or otter to join in the fun. Tubes are \$10 each. After Tubing, many in the group will be going to Treasure Island Resort & Casino for the buffet or hitting a hamburger joint on the way back. Visit www.minneapolismoviebears.com or nc-bears.com for more information.

SUMMER PRIDE AT VALLEYFAIR

Saturday, July 26 • 10am-11pm

Valleyfair • 1 Valleyfair Drive, Shakopee

Always a fun summer event, here's your opportunity to soak in the sun and fun at Summer Pride at Valleyfair (formerly Gay Day at Valleyfair). It's a family day of fun that benefits Minnesota AIDS Project and Out-Front Minnesota. Tickets are \$33 before July 13 and \$38 after, and your ticket includes a parking pass. Search "Summer Pride at Valley Fair" on Facebook for more information.

TWIN CITIES GAY MEN'S CHORUS 2014-15 SEASON

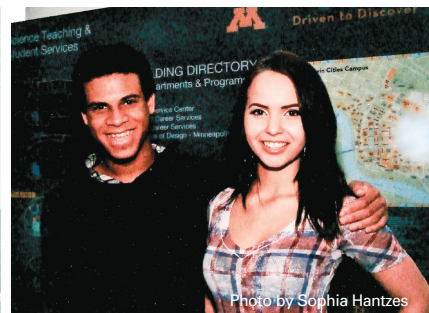
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On the heels of a great Pride concert, the Twin Cities Gay Men's Chorus just announced its 2014-2015 concert season. The Chorus will open its season December 12-14, 2014 with its annual holiday concert, *Joyful and Triumphant*, which will feature guest artists the Copper Street Quintet. Musical selections will include Morten Lauridsen's *Sure on this Shining Night*, John Rutter's *Gloria*, *Welcome Yule* by Craig Carnahan and *O Come All Ye Faithful*. The Chorus welcomes the return of spring with *Here Comes the Sun: The Music of The Beatles* March 27-28, 2015. This all-Beatles program by the Chorus will be performed in anticipation of the 50th Anniversary of when The Beatles played its one and only concert date at Met Stadium in the Minneapolis market. *Here Comes the Sun* features new arrangements for men's choruses by Kevin Robison, Artistic Director of Atlanta Gay Men's Chorus. No band in history has singularly transformed popular music like The Beatles; *Here Comes the Sun* will celebrate the timelessness and relevance of their music for all generations.

To celebrate Pride in June and close the season, Twin Cities Gay Men's Chorus will present *Popular: A Broadway Cabaret* June 19-20, 2015, one week before the annual Twin Cities Pride Festival. Featuring beloved songs from favorite Broadway shows: *Porgy and Bess*, *Wicked*, *The Book of Mormon*, and *Kinky Boots*, Twin Cities Gay Men's Chorus does Broadway our way! Season tickets are now on sale through the University of Minnesota Tickets and Events at 612-624-2345 or online at www.tickets.umn.edu. ■

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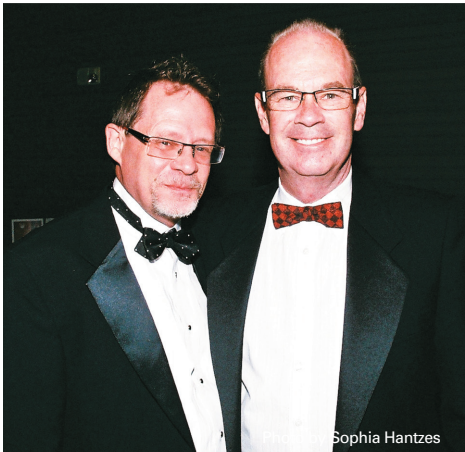
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TWIN CITIES GAY MEN'S CHORUS 14TH ANNUAL SONGS FROM THE HEART GALA

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GET TO KNOW

CHEF MIKE RAKUN

WHAT MAKES YOUR MENU AT MARIN WORTH A VISIT?

My focus is on all fresh, natural ingredients, and fantastic flavor. The result is a menu that guests really enjoy, and it's good for you. It's a win win for me to create amazing flavors and offer better food choices.

YOUR FAVORITE PLACE TO ENJOY MARIN?

It's a toss up between sitting at our patio bar with a great gin and tonic, or in the downstairs library bar with my wife, Abby, and a glass of my favorite Pinot Noir. What I love about our space is the richness and comfort of the restaurant overall. There really isn't a bad seat in the house, and I love seeing the reaction when guests see the variety of great areas for the first time.

FOOD PLANS FOR SUMMER?

There's nothing better than growing our own herbs on the patio garden, and having access to the freshest local food from the region. It gives me the opportunity to always try new things. As a chef, fresh, local ingredients are the greatest.

FAVORITE DISH (RIGHT NOW)?

That's a tough one to answer for any chef, because I've put so much into each item. I love the fig and prosciutto flatbread with a craft beer for a casual bite, but nothing really beats the cherry mustard salmon or ahi tuna with an extra side of lemon quinoa or risotto.



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The Copper Hen Cakery and Kitchen



(From left): Pat Evans and Danielle Bjorland.

HOME-BAKED GOODNESS ON EAT STREET

In just a few short years, Nicollet Avenue has become a road map of where the Twin Cities food scene is heading. From mole to pho noodles, the flavors of the world are just steps away on the Minneapolis avenue aptly called “Eat Street.” One of the newest stops on this global culinary adventure is The Copper Hen Cakery and Kitchen; a hip and yet cozy farm-to-table bakery and restaurant owned by Danielle Bjorland and her husband Chris.

“We really wanted to return to the roots of good home cooking which begins with the farm,” she explained. “So, we decided on a made-from-scratch menu, we don’t source anything that isn’t homemade and we buy local as much as possible.”

Making things from scratch isn’t anything new for the 25-year-old baker, chef, and now restaurant owner.

“I’ve baked since I was a little girl,” Bjorland excitedly shared. “I was

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1. **Chicken Pot Pie.** Great presentation in blue and white country bakeware. Made-from-scratch roux with locally sourced chicken and vegetables. Every savory bite brought back memories of my Aunt Evelyn, who made a killer pot pie. 2. **Black & White Pizza.** Easily the most distinctive item I tasted. Goat cheese, figs, and a caramelized balsamic reduction which gives it a nice kick. 3. **Farmhouse BLT.** Nothing like my granny ever made. Thick-cut bacon slab which has been smoked on the premises and sits on top of country bread. Garnished with butter lettuce, tomato, white cheddar, and chive aioli. I'm sure this would take the edge off any hangover. 4. **Cupcakes.** Red Velvet is Danielle's particular favorite and you can taste why. Creamy and buttery frosting is the stuff of cravings long after the cake is gone.



CONTINUED ON PAGE 24 ➔

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Danielle showing off The Milkmaid on its wooden board.

always in the kitchen with my mom and then I took decorating classes. I've always loved it." And so did her family and friends who happily scarfed up everything she baked. It wasn't long before Lunds recognized her talent and, at the tender age of 16, hired her on as an assistant pastry chef. "I did a lot of wedding cakes on the side for friends in my little tiny kitchen and dreamed of having my own business. Then, after I got married, my husband (who is a CPA) said, 'We've got to open a bakery/ restaurant.' So, here we are." But they haven't done it alone. Turning their dream into reality has involved plenty of help from family and friends and even a Kickstarter campaign. "I think the biggest thing for Chris and me is that it was really scary, we had to put everything on the



line—everything that we own—but we said if we don't do it now, we'll probably never do it. So, trying outweighed the risk of failure."

Happily, the couple seems to have been right with their hunch. The place was packed during lunchtime when we stopped in to sample some of that home-cooked goodness.

"People are really excited, we give a good contrast to everything else on this street. I think everyone enjoys a good home-cooked meal and a good cupcake," she said. It's a good thing, because there have been some days when she's gone 20 hours straight, slept for just a few hours, and then returned for another long day. "The long hours are worth it to me. I just don't want my guests to come in here and not feel that 'Wow!' factor!" ■



Copper ceiling and accents with hints of toile wallcovering charm the visitors.

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Old town, Rovinj Harbor, Croatia.

Croatia

QUEEN OF THE ADRIATIC

I Heart Croatia. Well, how can you fail to love a country that boasts a Museum of Broken Relationships in its capital city? (It sells Bad Memories Erasers in its gift shop.) Where, in that capital, Zagreb, a “green horseshoe” of voluptuous parkland undulating through the city center is papered with sunning citizens all day long. (Does no one punch a time clock here?) Where, upon ordering the local specialty—a blintz-like pastry—an über-starched waiter announces, “Madam, the stuckli is arriving!” A land that boasts the highest count of islands (all gorgeous) in the Mediterranean. And a Roman Emperor’s retirement home, bigger than a suburb. Top this off with primo wineries, seafood still wriggling, and friendly natives. Never mind that their language sounds, to this foreigner’s ear, like rocks in avalanche—they all speak English, too. And you yourself will soon master the word for ‘yes’—‘da’—because you’ll hear it incessantly, as in ‘da-da-da-da.’ Also ‘dovre’, which means ‘good’ or ‘super’. And Croatia is dovre to the max.

Zagreb’s main square—anchored by the usual Hero on a Horse—is the city’s epicenter, and who you are determines where you’ll congregate: upper crust around the statue, trendsters by the clock, intellectuals over at the bookstore. On one side, looms the grand cathedral dressed

in lacy Gothic stone, and on the other, a restaurant row with acres of umbrella-topped tables. In between, and most lively on Saturday morning, the lure is the open-air market, offering sweet, sweet strawberries the size of peas, blueberries even smaller, radishes in brides’ bouquets, and pyramids of spuds and garlic. At the fish stalls, the seafood stares me down. I avoid the eel, bigger than a python, and head to the coffee shop, already bustling at 7 a.m.

We enjoyed some of that bounty later at Agave, dining on local treats like duck sauced with oranges and honey; stuffed beef with homemade dumplings; veal scallopini partnered with asparagus flan; and octopus, the kitchen’s pride. And more stuckli. For dessert, palantschinke—a crêpe folded over walnuts, with which we sipped a mellow merlot called Festiga from the sunny south.

Next, we bolted south to the Adriatic coastal town of Sibonek, whose medieval stone passages hark back to 1066. Four fortresses oversee the harbor; today a life-is-easy promenade is patrolled by moms pushing strollers and couples slurping ice cream cones. Behind it rises the iconic cathedral of 1446, guarded by stern stone lions and overseen above the door by sadder-but-wiser Adam and Eve, trying to hide their privates. Kids slapping playing



(From left) Fishing village on an island of Split; The Croatian flag flies over the fort at Hvar, an island in the Adriatic; Open air market, Zagreb, Croatia. Photos by Carla Waldemar.

cards onto the marble pavement pay no need. Nor does a festive wedding party we admire as we lunch in its shadow at Vijecnica on squid ink risotto laced with scampi, octopus salad, and more (more, more!) walnut crêpes—all washed down with sips of blood-dark Plavac from the restaurant's own wine production. Then a climb to the Monastery of St. Lawrence and its seventeenth-century walled medieval garden and, later, dinner alfresco far above the harbor at Tinell, where a whole sea bass festooned with a scramble of kale and potatoes stole the show, abetted by platters of prosciutto and grilled veggies. Then, of course, more pancakes.

Sunday came up sparkling, so we took to the sea for a glide through Kornati, a naval national park, and a maritime troll through the most dense archipelago in the Mediterranean—"nautical heaven," our guide called it—formed (well, here's my guess) when God pitched handfuls of mud into the gin-clear water. Anchor at a marina for a beer and a hike through the stones for a bird's eye view of what has served as a fishermen's haven since Roman times.

Then, Sunday lunch in Murter, known for its gastro scene, thanks to the monied yacht owners who lurk here (think Beyoncé, Bill Gates). No need for a menu at Boba—just a wave to the chef/patron and—"da-da-da-da"—a bounty of tuna: carpaccio, tartare, mixed with ricotta and pine nuts; plus monkfish liver pâté, then still-throbbing (well, almost) hunks of sea bass and branzino, downed with gulps of Bibich, a summer-friendly white wine, followed by slivovitz—firewater in flavors ranging from honey and lemon to blueberry and strawberry. And dessert, of course: baklava, panna cotta, white chocolate frozen soufflé, a chocolate semifreddo studded with almonds and (huh?) Parmesan. The vote: dovre.

Today, another national park—Krka—where we patrol the boardwalk under a green canopy as waterfalls somersault on all sides. Frogs chortle, fish slither by. It's like the Everglades, sans bugs and gators. Amid bobbing swans, we board a ferry to Skradna and lunch at Scala, where the choice is a fish platter (more is more: squid, octopus, langoustines, whole sardine-like critters) or meat platter (even more: sausages, pork chops, filets), served with that duo of kale and boiled potato that sets them off so well. Below a vista of red-tiled roofs, we overlook the luminous Adriatic as the sun provides the bling.

It's a two-hour drive to Trogir, perhaps my fave among faves: already a settlement in 1000 B.C. Then the usual parade: Greeks, Romans, Turks, Venetians. Today, says Dino, our guide, "We are all Croatians. But here, we are also Dalmatians"—which translates to laid-back pleasure-lovers. And Trogir satisfies, honeycombed with marble-lined alleys leading to the main square, an architectural mishmash of Gothic, Baroque, Arabian and who-knows-what. And yes, above the door of the cathedral of 1240, another bare-naked Adam and Eve. In the former Roman Tribunal facing it, a quarter of a *cappella* singers—tenor to booming bass—resounds. Then we split for Split.

Sparkly Split boasts a trio of tourist lures: beaches lapped by the gentle Adriatic; excursion boats to entrancing islands; and that McMansion mentioned earlier, anchoring the shoreline where Roman Emperor Diocletian retired in ultra-splendor in 300 A.D. Today, within its walls, a city-within-a-city of 3,000 people percolates. Tour the Emperor's labyrinth of chambers; ogle his mausoleum-turned-cathedral by Christians who came later; climb its bell tower for a grand vista; then visit the exquisite temple he dedicated to his in-law, Jupiter. Head to People's Square for a bit of people-watching while nursing a beer or coffee. Explore the web of passages disclosing boutiques of every ilk. It's here in Split, by the way, that next season's *Game of Thrones* is filmed, and where Ultrafest Europe, with 150,000 gays in exuberant attendance, will convene July 11-14.

Hop a ferry to a nearby island—Hvar's the one favored by the glitterati ever since the founding of its capitol city by Greek sailors in the fourth century B.C. Fields of olives, grapes, and lavender lead us to its main town—also called Hvar—with cathedral, sunny esplanade, marina and, at a knee-punishing altitude above the square, a formidable fortress (cannons, dungeons) engineered by the Venetians, who ruled the show during the Renaissance.

Our choice for beach time was Split's Le Méridien Lav: pool, casino, and ultra-lovely dining, too. After a feast of virtually every shellfish that populates the ocean, we dove into platters of local lamb three ways: luscious rack, spicy sausage spring roll, and tender brisket. And one last pancake before our early-morning flight, this time sweetened with marmalade. Dovre! For information, visit www.croatia.hr. ■

END NOTES

For gay clubs and saunas (mostly in Zagreb): www.friendlycroatia.com • Nude beaches: Split and Hvar • For info on Ultrafest: www.ultraeurope.com.

by John Michael Tebelak & Stephen Schwartz

Godspell



Godspell.

GODSPELL

Through July 27

Theater in the Round Players, 245 Cedar Av., Mpls.

(612) 333-3010

www.theaterintheround.org

When *Godspell* premiered Off-Broadway in 1971, it transgressed mainstream Christian ideas of how the Christ story should be sung and portrayed. Though there had certainly been liberal congregations with relaxed atmospheres and folk or rock hymns, it was still beneath the radar of most Americans. If you watch Barabara Walters's interview with the original cast you sense she knows it could be perceived as blasphemous by some.

On the other hand, given that the Vietnam War had split the nation at that time, many felt that Stephen Schwarz's music and lyrics and book writer John-Michael Tebelak's flower-child characterizations of the Gospel of Matthew, rescued and returned Christianity to its call for forgiveness, acceptance, and unconditional love. It made the New Testament what many in those days called "relevant" again. And clearly they had a point, because the musical has endured, and its staple tunes like "Day by Day" and "All Good Gifts" have been integrated into countless worship services.

In his production notes, Schwarz stated that *Godspell* is about formation of a community. At TRP, director Dann Peterson echoes that when he says, "I have chosen to set this production in a theatrical setting: a bare stage, a rehearsal hall, a costume shop, a prop room, a scene shop. It is a community based on a basic set of universal, enlightened (not exclusively

Christian) ideas: compassion, forgiveness, hypocrisy, toleration, and celebration using music, mime, comedy, even slapstick." (Note that Schwarz would go on to create two other great musicals: *Pippin* and *Wicked*.)

THE HEIRESS

Through Aug. 10

Jungle Theater

2951 Lyndale Av. S., Mpls.

(612) 822-7063

www.jungletheater.com

The 1947 drama, *The Heiress*, is actually set a century earlier in a well-to-do household on New York's Washington Square, when the neighborhood was a bastion of American aristocratic conservatism rather than the radical zone it would later become. Playwrights Ruth and Augustus Goetz adapted the Henry James novel, and both book and play merit regard as cultural documents about the definition of middle-class womanhood of the time and place. The similarities to Englishwoman Jane Austen's world of the previous generation and the England of Julian Fellowes's *Downton Abbey* two generations later are notable. American aristocracy emulated and, some say, still does emulate, the traditional British model.

Director and set designer Bain Boehlke has triumphed with a vivid staged realization of what is sometimes called American

Victorianism. His actors sculpt the circumscribed physicality of gender-codified people rigidly constrained by perfectionist social standards. Marriage is primarily about the marriage of prestigious family incomes rather than love. That said, *The Heiress* is very much about the progressive advancement of the concept of love in heterosexual marriage.

Protagonist Catherine Sloper's dilemma of not knowing whether she is loved for her money or for her self is at the core of the play. Kate Guentzel has given many fine performances but her turn as Catherine is her best performance yet. She mines the pulverized self-esteem of a woman incapable of the coquettishness and small talk that younger women were stringently expected to master. Her doctor father has always humiliated her with unfavorable comparisons to her beautiful and idealized mother, long, long dead. Guentzel makes the hardest heart empathize with the mental/emotional cruelties she has been fated to endure.

Jeffrey Hatcher, the renown playwright/screenwriter, actually plays Dr. Sloper and he's rightly and perfectly monstrous. The night I attended there was a fair bit of audible audience disgust with the mean-spirited jabs spoken reflexively by the character. And it seemed to



The Heiress. Photo by Michal Daniel

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The excellent John Catron plays Catherine's suitor, Morris Townsend, with full understanding of the struggle it would have been to be a man of diminished income in love with a woman of superior birth with a dominating father. Sloper automatically sees him as a spendthrift and a threat. That said, Catron astutely reveals moments when we may doubt Townsend's genuineness. Bear in mind while watching him that Townsend's experience is a testimony for why countless financially strapped northeastern men felt compelled to go west.

(Note: Catron and Guentzel are married in real life and were featured among the videos of Illusion Theater's *Love & Marriage* which celebrated both gay and straight marriage. Not surprisingly, their mutual chemistry at the Jungle is terrific.)

Jennifer Blagen, Charity Jones, and Wendy Lehr give brilliant portrayals of older women who, though trapped in the same stratified social system, could be considered unwitting subversives against patriarchal authoritarianism. As simple as it sounds, all three characters have at their cores an unflagging sense of fair play and of the primacy of love as a humanizing force. Amelia Cheever's sumptuous period costumes and Laura Adams's wigs savvily reinforce the seductive "prettiness" of women's oppression. I say that as a pure compliment.

THE RED BOX

Through July 13

Park Square Theatre, 20 W. 7th Pl., St. Paul

(651) 291-7005

www.parksquaretheatre.org



The Red Box. Photo by Brad Stauffer



Wreck. Photo by Bill Cameron

It's the time of year when Park Square Theatre offers a compelling mystery play. Playwright Joseph Goodrich has adapted *The Red Box* from the fourth book in the Nero Wolfe detective series by Rex Stout. A bizarre and mysterious death sets things in motion and provides an array of colorful characters. Then there is also the matter of another mystery: a red box with something curious in it.

Jim Pounds plays Fritz, the Swiss cook, and Rene Gebert, a French lout. He shares, "They are each important to the story and the atmosphere, but are smaller roles which can be very satisfying to play. I have worked to differentiate them in terms of the registers of their voice and physical mannerisms like posture and bearing. This is my 98th show and I'm very gratified to be back on the Park Square stage."

WRECK

Through July 20

Guthrie Theater

818 So. 2nd St., Mpls.

(612) 377-2224

www.guthrietheater.org

Black Label Movement's breathtaking dance production of a sinking ore carrier

caught in a cataclysmic storm is one of the greatest dance works to have ever come out of the Twin Cities. Choreographer Carl Flink has reprised the 2008 piece to play at the Guthrie's Dowling Studio. It is yet another sterling example of the Big G showcasing superior work by a local performance group.

Wreck demonstrates Black Label's signature athletically muscular dance style. The dancers, both men and women, also have to penetrate the intense feelings in the way actors do in plays about characters in dire circumstances. As they desperately flee from compartment to compartment in hopes of getting enough air, you feel as if you are becoming submerged with them.

YESTERDAY ONCE MORE: A MUSICAL TRIBUTE TO THE CARPENTERS

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Old Log Theater

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www.oldlog.com

The Carpenters have been inaccurately stereotyped as a goody-two-shoes sibling duo that

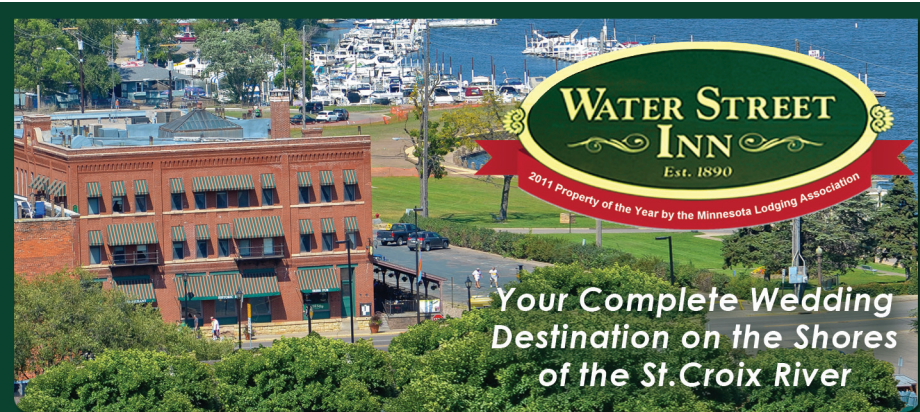
didn't take musical style and lyrics seriously in the way of other major groups like The Beatles, The Rolling Stones, and sundry acid-rock bands of the 1960s and early '70s. Puh-leez!! But I submit in opposition to that habitualized stereotype that theirs was a soulfully deep connection that was sometimes just too vulnerable and just too optimistic for the nihilistic attitudes of the time.

Like another stunning group in the '60s, The Seekers, in the '70s The Carpenters were popular across the generational divide of the time and impelled anyone listening to them to connect to the sensitivities of one's inner being. Also, like The Seekers and then mega-star Barbra Streisand in both the '60s and '70s, The Carpenters' astronomical sustained popularity is virtually unknown to people today. So many rattle on about The Stones, Bob Dylan, and The Beatles, as if they did and should have defined the time. But what if that were not entirely accurate? (The family-driven *The Sound of Music* was by far the most successful film of the era. Not *The Graduate* or *The Godfather*.)

That's why I think producer Jim Brickman, who composed that beautiful score for the Louise Hay film, *You Can Heal Your Life*, is doing us a service with his musical tribute to The Carpenters. (Maybe someone else will do The Seekers.)

Co-creator John Trones shares, "I am a HUGE Carpenters fan, as is our producer, Jim Brickman, which is why he and I decided to write this show. We'd been mulling the idea for years, and five years ago we finally put our ideas to paper, selected the songs, and began the process of having orchestral arrangements created, as this started as an orchestral show. We opened in June of 2011 with the St. Louis Symphony, and since have toured the country playing with some of the finest orchestras in the nation: two sold out nights with Minnesota Orchestra, three sold out nights with the Dallas Symphony, two sold out shows with the Oklahoma City Philharmonic, The St. Louis Symphony, and more. We now have several versions of the show, the orchestral version that we play with orchestras, as well as a live band version that we will be playing at The Old Log, and a smaller 'tracks' version of the show ideal for cruise ships and smaller venues."

Trones performs with Jen Burleigh-Bentz and Michelle Carter. ■



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Playing For The Other Team: Minnesota Represents at the 2014 Gay Games

"My parents put me in soccer, but I was assigned goalie and more interested in looking at the different types of rocks in the ground on the field."

St. Paul resident Dan Whittaker will be competing in the upcoming Gay Games (August 9th-16th in Cleveland+Akron, Ohio) and is describing his athletic history. The way he tells it, there isn't much history to speak of, but he's looking forward to competing in three events at the Games: judo, the 5k and 10k.

"I wasn't interested in sports at all as a kid...I sucked at team sports and felt awful when I let my teammates down if I failed. In judo, it is just me participating so if I fail, it's on my own shoulders."

Being a former mixed martial artist myself (albeit in amateur Muay Thai kickboxing), I understood the general concept of judo, though needed a refresher. An internet search brought me quickly to a trove of Ronda Rousey YouTube videos, and an hour later I was no closer to understanding judo scoring, but an expert on Ronda Rousey. Fangirling!

Watching a judo match vaguely reminds me of weebles. There are no punches or kicks, but a lot of falling down and popping back up. How does one win, exactly? Back to Dan.

"At first glance it looks like two men in bathrobes wrestling."

(Or women. See: hours wasted viewing Rousey videos.)

"The objective is to throw your opponent to the ground with one of sixty-some throwing methods, or to pin them for thirty seconds minimum. You can also win by submission, like by using a person's robe (gi) to choke them and cut off their blood supply, or by an armbar. All will result in a win."

Whittaker has been practicing judo on and

off for seven years with the University of Minnesota Judo Club, and has competed in local community matches. He currently holds a green belt. How did this non-athlete find this decidedly physical sport?

Whittaker tells me he discovered judo upon completing his graduate degree in Architecture at the University of Minnesota. A classmate was a co-instructor at the UM-TC Judo Club, which is open to all ages, and there he became an adult student, practicing with current U of MN students. Practice consisted of learning judo throws and repeating them until they become natural. Whittaker also weight trains, and runs, and says flexibility is important to escape holds.

By day, Dan is an interior designer, currently working project management for a private museum in Chicago. It's his first Gay Games, and he says his goals are to participate as an out, gay, Asian-American athlete, and as a citizen of the United States with a Korean-American adoptee heritage.

"Meeting athletes around my age...competing, and not feeling the need to conceal my sexuality...is a huge attraction to the event."

Indeed, that's what the Games were originally designed to do. Like the Olympics, the Gay Games are an international sporting and cultural event held every four years. They were conceived in 1980 by Dr. Tom Waddell, a gay physician and former Olympian.

The Games are open to anyone age 18 or older "regardless of sexual orientation, race, gender, religion, nationality, ethnic origin, political beliefs, athletic or artistic ability, age, physical challenge or health status." (www.gg9cle.com) More than 35 sports are currently offered, from cycling to flag football, body

building to rowing, as well as both band and choir. The focus has always been the empowerment of the GLBT community—and athletes in particular—and a desire to change attitudes towards the GLBT population for the better.

Since 1980, the Games have been held in multiple locations across the globe: San Francisco; Vancouver, B.C.; New York City; Amsterdam, The Netherlands; Sydney, Australia; Chicago; and most recently, Cologne, Germany. Cleveland/Akron is expecting up to 9,000 participants from around the world for the 9th Gay Games, and approximately 20,000 additional guests. It isn't all about the competition, either, with festivities and parties planned for the duration of the games, including headliner Boy George at the official Gay Games 9 White Party.

The day after our interview, I asked Dan to send a photo of himself to accompany this column. He hesitated.

"I certainly don't want my picture blown up huge at all—in fact, tiny postage-stamp size is totally fine with me. I am NOT typically a huge publicity seeker when it comes to these things. What if I lose all my judo matches or fall and stumble on the 5k or 10k I also signed up for? That would be a big disappointment!"

Games founder Waddell said it best. "The Gay Games are not separatist, they are not exclusive, they are not oriented to victory, and they are not for commercial gain. They are, however, intended to bring a global community together in friendship, to experience participation, to elevate consciousness and self-esteem, and to achieve a form of cultural and intellectual synergy." (www.gg9cle.com)

Best of luck in the Games, Dan! You see, you're already a winner. ■



VET Q & A: DR. MARY MCCARL

By Inga From, CDBC, CPDT-KSA

Lavender runs a Vet Q&A in our Pet Issues as well as online. If you have a question you'd like answered by a Veterinarian, email it to editor@lavendermagazine.com

1. My dog has had a seizure, which lasted about two minutes. What should I do? What do seizures indicate?

I am sorry that you and your dog had to go through that, seizures can be very scary to watch. If this is your pet's first seizure, I would recommend visiting a veterinarian and getting a physical exam and some basic lab work done. Seizures can either originate from a problem outside of the brain (extracranial) or inside the brain (intracranial). Some basic lab work can help rule out possible extracranial causes such as kidney or liver disease. If no abnormalities are seen on lab work, it is likely that the seizures are caused from an intracranial problem such as epilepsy, cancer, or head trauma. An MRI is often needed to help determine a cause of intracranial seizures.

I would also recommend keeping a seizure journal where you record how often and how long each seizure lasts. This will enable you to tell if the seizures are becoming more frequent. Each veterinarian is different, but I will typically wait to start medication to help control seizures until they are occurring more often than once a month. Medications can be very helpful to limit the number of seizures that occur, but can carry some risks as well.

2. I'm a first-time pet owner. I've never gone through the whole life cycle of an animal before. What should I expect when it's time for my pet to pass on, whether naturally or with assistance? What is the process?

The end of a pet's life is a very difficult time for pet owners. It is very common for people to struggle with wondering if they are keeping a pet alive too long or if they are giving up on their pet too early. Every situation is different, so it makes it very hard to plan ahead—even if you have had pets before. With some pets, the decision is taken out of your hands and they die at home peacefully. Other times the dying process can be very scary and uncomfortable for the pet and the owner—in these situations a veterinarian can be very helpful. Many times, end of life does not fit into either

of these categories and you end up having to make a judgment call based on the quality of life your pet is experiencing. When your pet is no longer getting fun out of life and not finding joy in the things that have made them happy, it may be time to ask for help. If you are not sure about what to do, make an appointment with a veterinarian and we can try to help you through your decision.

If the time comes where you have made the decision to humanely euthanize, there are options available. There are veterinarians who will come to your house or you can make an appointment at your veterinary clinic. You can choose to stay with your pet throughout the process or you can choose to not be present. We know that this is a difficult time for pets and pet families, so we try to make things as comfortable as possible.

3. My pet looks like she's smiling. Do animals smile, or is that just a random facial expression?

Animals don't smile the way you or I would smile. You may be talking about a behavior called a "submissive grin" where a dog will pull their lips up vertically and display their front teeth. This may be accompanied by a submissive body posture such as lowered head and squinty eyes. This is a behavior that is typically done when a dog is feeling submissive. However, with some training they can actually be taught to do this "smile" on command. A submissive grin and a snarl can look similar, so be somewhat cautious if you see this behavior in a dog you do not know well.

In general, when a dog is happy they show relaxed body language. She may wag her tail, her ears are in their natural position, her facial muscles are relaxed, her mouth may be slightly open, and the corners of her mouth may be turned up slightly (as though she is smiling).

Dr. Mary McCarl is a veterinarian at Scenic Hills Animal Hospital in St. Paul. Additional information regarding animal care, pet education and other helpful topics can be found at www.scenichillsanimalhospital.com. ■



PRIDE in PETS

FOSTER HOMES

THE FUTURE OF ANIMAL RESCUE

By Shane Lueck, Photos by Karin Newstrom, www.karinnewstrom.com



Imagine adopting a pet and knowing exactly how they'll act in the home environment before they even walk in the door. No more lies about the new puppy being potty trained from the owner of its mother, who just had a litter. No worries about bringing home a cat, who has never been around other animals or small children. Thanks to the work of Secondhand Hounds and their foster care approach, new owners can understand the behavior of an animal before the adoption paperwork is even filled out.

"We truly believe the only way to find amazing matches for adopters is to have a very clear idea of what an animal is like within a home environment," says Rachel Mairose, Secondhand Hound's

Executive Director. "Then, we know exactly what that animal needs. Some dogs need to be the only dog in the home, some dogs need to have stay-at-home parents due to anxiety issues, some cats need to be with other cats; we would not have any idea of these personality traits if these animals were not in a home."

The volunteer foster parents for Secondhand Hounds take in an animal or two and treat them like part of their own family until a "forever home" is found. They discover any of the animal's quirks, likes and dislikes, energy level, and their ability to be housebroken and crate trained, among many other things. After the animal has spent some time in the foster home, their foster



THE VOLUNTEER FOSTER PARENTS FOR SECONDHAND HOUNDS TAKE IN AN ANIMAL OR TWO AND TREAT THEM LIKE PART OF THEIR OWN FAMILY UNTIL A "FOREVER HOME" IS FOUND.





"BEING INVOLVED WITH RESCUE HAS NOT ONLY BEEN WORTHWHILE, BUT IT HAS ALSO CHANGED THE WAY I VIEW MY LIFE."

parents write biographies about them. From there, potential adopters can look through the gallery of adoptable animals on the Secondhand Hounds website (www.secondhandhounds.org) and find an animal that truly fits their needs/lifestyle. Hopeful owners have the opportunity to discuss each animal with their foster parent to make sure it is a good fit before bringing the animal home.

Of course, compatibility plays a large role in the adoption process. Mairose says, "We rely on our foster families to make the ultimate determination where their foster animal would do best." Mentioning that she believes the future of animal rescue is in foster-based programs, Mairose adds that the number-one goal of Secondhand Hounds is to match each animal with a forever family (with heavy emphasis on "forever"): someone who will love and care for the animal until its final day.

Aside from the more than 350 foster homes within the Secondhand Hounds network, Mairose and her small staff of less than ten employees also rely on the efforts of over 1,000 volunteers. She laughs, "Volunteers and fosters ARE the fabric of Secondhand Hounds! I am just the knitter."

Mairose's staff makes sure each foster and volunteer is informed, feels appreciated, and fits in well with the program. From

staffing office hours and fostering animals, to helping with intakes and transporting animals, Mairose says there would be no Secondhand Hounds without the impressively large network of volunteers.

The passion of the volunteers is reflected in Mairose's own dedication. "I decided from an early age I needed to throw myself into something I was truly passionate about," she says. "I couldn't imagine working long hours, hard days, and putting my work ahead of almost everything, if I did not believe it was necessary and worthwhile. Being involved with rescue has not only been worthwhile, but it has also changed the way I view my life. Working for something bigger than yourself, an organization that makes a difference, a community that believes what you do—there is nothing better."

The idea of making a difference has, without a doubt, worked its way into the organization's mission statement to "help dogs [ed. note: although Secondhand Hounds also works with cats and other small animals] that are suffering or neglected, by rescuing them from unsuitable conditions, providing veterinary and foster care, and placing them in qualified, responsible and caring adoptive homes." This mission statement, paired with the four guiding principles of responsibility, leadership, commitment, and compassion, has set Secondhand Hounds up for success.

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NEED FOR FOREVER HOMES ISN'T RESERVED JUST FOR DOGS, EITHER, WITH A LARGE EUTHANASIA THREAT TO CATS AND OTHER SMALL ANIMALS.

With the mission statement and guiding principles as a backbone, Secondhand Hounds has committed to combating pet overpopulation, changing the perception of “bully breeds,” finding forever homes, and treating every rescue as a personal family pet.

Every rule and regulation is a direct reflection of that backbone. For example, Secondhand Hounds forbids adoptive families to declaw their cats, and making sure that every animal is kept as an indoor pet to combat diseases of not only the newly adopted animal, but also any current animals in the home.

This commitment is even reflected in Secondhand Hounds’ training classes, offered free to dogs currently in rescue and discounted for dogs adopted through the organization. According to Mairose, this is great for two reasons. “First off, some of our rescue dogs have minor to moderate behavioral issues, ranging from animal aggression, reactivity, to bad manners like jumping, mouthing, and so on,” she says. “Our classes help foster parents learn how to deal with these issues, while also having tips and tricks for any potential adopters. The classes also are great for new adopters, who either want to start bonding with their new dog through training, or have had issues arrive after adoption that need to be addressed.”

These classes serve as a tangible representation of the commitment to find forever homes for each animal, ensuring that they won’t be sold or traded after adoption. And, as the guiding principles allude, overpopulation is a serious problem for animals. Luckily, according to Mairose, the Twin Cities has a lower euthanasia rate than many communities, although efforts are still needed to focus on the local community when possible. For this reason, Secondhand Hounds concentrates pit bull and lab rescues locally, and supports higher kill communities with other breeds.

Mairose says, “We concentrate on Joplin, Missouri, as well as many high-kill communities and shelters in Oklahoma, Tennessee, Kansas, and Georgia. On average, 10-30 dogs are imported from out of state to Secondhand Hounds on a weekly basis.”

The need for forever homes isn’t reserved just for dogs, either, with a large euthanasia threat to cats and other small animals. Due to a continuous need in the Twin Cities community, all of Secondhand Hounds cats and critters are local. “We are huge believers that local overpopulation and neglect issues must be addressed when possible,” Mairose adds. “And only at that point will we go outside our community to help out-of-state shelters and impounds whose euthanasia rates are much higher than ours.” ■

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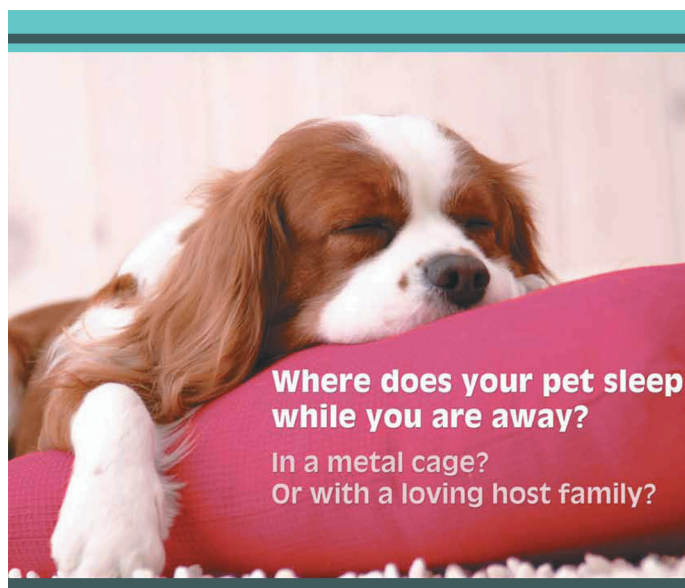


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PRIDE ⁱⁿ PETS

YOUR PET, YOUR CAR

By Randy Stern



Photos courtesy of American Honda Motor, Inc.

Dogs are a human's best friend! We love them! We adore them! We do anything to make them happy, as they make us happy.

When it comes to pets, we humans would most likely take one with us in our vehicles. How we take them varies from making them feel at home with a water dish, a food receptacle, specific seat covers, and so forth. Otherwise, we let our prized pets roam free, sticking their heads out the window to experience the feel of the road.

For the past few years, automakers and aftermarket suppliers have been dancing around the notion of making our dogs comfortable inside our vehicles. Of course, our dogs run the gamut from pit bulls, to bull mastiffs, dachshunds, spaniels, bulldogs, pugs, poodles and chihuahuas—and everything in-between.

In Japan, Honda wanted to bring awareness to pet owners on how they can have their car friendly enough to carry their dog. They are presenting options for over a dozen local market vehicles to accomplish this. On the site [www.honda.co.jp/dog] (in Japanese), Honda shows how a dog can ride in one of their vehicles safely, comfortably, and with the highest of hygiene in mind.

For each vehicle, Honda shows what materials will be friendly to dogs as they ride inside, what seat configuration a dog can ride without being obstructive with other occupants in the vehicle, dimensions of space area along with what size of dog can ride comfortably inside. They also offer options, such as Travel Dog, where a dog can ride in the back seat with a cover over it or a little bag they can hang out in while riding along. If you prefer to use a carrier, Honda discusses which carrier sizes will work with each model.

Two of the biggest tips Honda gives are the best ways to deal with shedding dog hair on their upholstery and how to have your dog properly step inside the vehicle. The former could be a huge issue with any vehicle, as we know dogs will shed some hair on the rear seat. The latter is something to consider in determining the best way to board and off-board your dog from the vehicle without causing any injury to your pet.

Through photos, Honda demonstrated an understanding that not all dogs are equal. They provide tips for dogs of various sizes as to how they can load themselves onboard a vehicle. This is not something you learn at puppy pre-school, but good tips, nonetheless.

Photo courtesy of American Honda Motor, Inc.

In Japan, Honda offers their dog-friendly accessories to various models in their home market. The ones that would work for us would be the Insight, the CR-Z, the Fit, the CR-V and the Accord. In 2010, American Honda offered a completely dog-friendly model for the Element crossover with an interior that is protected against lingering hair and damage a dog could do. Though they no longer offer this specific package anymore, Honda dealers might still be able to order a complete dog-friendly kit for your Element through their parts department. If available, the kit runs about \$1,000.

If you do not own a Honda Element, you are still in luck. You can go to Petco, PetSmart, or any pet store to get aftermarket accessories for your vehicle. These are universal accessories that work with almost every vehicle.

The bottom line is simple: The site may have some tips for even non-Honda owners to find solutions for having pets ride onboard their vehicle. The old dog-out-of-the-passenger window may not cut it anymore...not with passive safety equipment and newer interior materials that may not be sensitive to all dogs.

If you love your dog, equip your vehicle the best way to make sure they enjoy the ride, too. ■





DOG DAYCARES

By Inga From, CDBC, CPDT-KSA



JUST AS GOOD FENCES MAKE GOOD NEIGHBORS, GOOD KENNELS ARE IMPORTANT FOR POSITIVE AND APPROPRIATE PLAY.

Dog daycares sound like the perfect way to squeeze in some extra exercise for our dogs despite our busy lives. While there are some wonderful daycares with dogs that are the perfect temperament for them, there are just as many sad stories about good intentions gone wrong. As with all aspects of dog ownership, it is important to be educated and think carefully before dropping off Fido or Fluffy.

KNOW YOUR DOG

Before considering a daycare, ask yourself if dog-to-dog play is actually something your dog will enjoy. Just like people, dogs can be extroverts, introverts, and everything in between. If your dog, at best, seems to tolerate other dogs, you may want to consider other options. If your dog has a history of bullying, reactivity, or aggression, it is certainly not fair to him/her or the other dogs. Very shy or timid dogs can be easily overwhelmed. You will also want to be sure your dog is physically up for all that play, so getting your vet's approval is strongly recommended.

If you decide to enroll in a daycare, regular check-ups and check-ins are also vital. Don't take anyone's word for fact; see it with your own eyes. What would you expect the daycare to tell you if you ask "does my dog like coming here?" A responsible business person will answer honestly, but their goal is to keep you coming back. Pop-in unexpectedly, they should be glad to see you. Keep a close eye out for changes in your dog's behavior (and not just that they get worn out). Dogs can and do learn from one another, and it always feels like they pick up the bad habits faster than the good ones. Resource guarding, nuisance barking, and bullying are just a few behaviors your dog may be quick to learn during unregulated play.

GOOD KENNELS MAKE FOR GOOD PLAY

Hours of uninterrupted play may seem like a good idea, but can be a recipe for disaster. While some dogs seem to be naturals about regulating their play—taking breaks and pausing frequently—many dogs don't know when to quit. The bigger the group the more quickly dogs may become overstimulated. Look for a daycare that has the ability to kennel or crate every dog, either for regular 'nap times' or as needed or requested by the owners. Ideally your dog will have short play sessions throughout the day, broken up with kennel or crate downtime. If your dog gets a meal or snack break, they absolutely should be kenneled for a minimum of an hour to prevent bloat and other medical issues that may be triggered by playing too soon after eating. Just as good fences make good neighbors, good kennels are important for positive and appropriate play. Too much of a good thing can lead to serious problem behaviors.

BEWARE OF THE BULLY

Unfortunately there are lots of dogs who don't seem to understand when another dog says "enough." A dog may pester or harass your dog when he or she is ready for a break. If play is unsupervised or monitored by someone with little or no training, they may not spot a bully in action or misinterpret the behavior. This means your dog gets the raw end of the deal; no person to rescue them from the bully and no way to escape. Dogs either get grumpy or shut down (a shut down dog may appear sleepy to the untrained eye, so if you see your dog apparently sleeping in the middle of a playroom, be suspicious).

Sadly, I can think of countless cases where an awesome and very social dog has been bullied just a little too much and learned

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to be proactively aggressive. If a bully doesn't listen to your polite requests to back off, how about you ask more assertively? Sticking up for yourself sounds fine and dandy but once your dog has learned this trick it might crop up in unwanted places, like the middle of a walk or when greeting your neighbors' dogs. Now your nice little Fluffy looks like a killer—snapping, growling, or worse at other dogs for apparently no reason. While you can manage and moderate these behaviors with training, many dogs don't ever bounce back to being the happy-go-lucky pup you started with.

And if your dog is lucky enough not to have to deal with a bully it might just be because he or she IS the bully. Perhaps your goofy and fun-loving pup is the one that *really* loves to play. If he or she learns over time that being pushy works, that eventually you can prod those lazy dogs into action, then the behavior gets stronger. Now your dog may be the only one in the room having a good time. And how will you feel if he or she tries those same bullying behaviors with the little kids who live next door?

CHOOSING A DAYCARE

If you're sure a daycare is the right choice for your dog, you'll now find yourself faced with choosing from the numerous facilities available. It can be hard to know how to pick and whose expertise to trust. First, trust your gut instincts, don't ever do anything that doesn't feel right when it comes to your pet. We recommend you tour any facility you are considering both with and without your dog. Ask lots of questions. A good facility will want to meet your dog before they are willing to consider enrollment, and they should have many questions for you as well. You should be allowed, even encouraged, to see where the dogs play, and any staff member interacting with the dogs should be able to easily answer your questions. Don't trust anyone who tells you observing the play will "affect the pack" – would you leave your children in a daycare where they would not let you observe? Here are some ideas for questions you might want to ask:

- Is the space "dog safe"?
- Are the floors padded, non-slip, and easy to disinfect?
- Is there a person with the dogs at all times?
- How is staff trained?
- How is play regulated?
- How do they handle conflicts? (If they tell you there are never conflicts cross them off your list.)
- Do they use squirt bottles or other aversive tools which may have unwanted side effects?
- Do they separate dogs based on play-style/size/age?
- How many dogs are allowed in one space at a time?
- When and how do they give the dogs breaks from each other?
- Can they meet special requests like more frequent kennel breaks for your dog?
- Do they keep any records about your dog's play/behavior for you?
- How do they identify dogs that are getting overwhelmed/overstimulated?
- How to they handle bullies? (If they say they don't allow them, beware. Bullying crops up at least once in every play session we have ever hosted, even with the nicest dogs.) ■

Inga From, CDBC, CPDT-KSA is a Certified Dog Behavior Consultant (International Association of Animal Behavior Consultants), a Certified Professional Dog Trainer (Certification Council for Professional Dog Trainers), and a professional member of the Association of Professional Dog Trainers. Find out more at www.AHippiedog.com.



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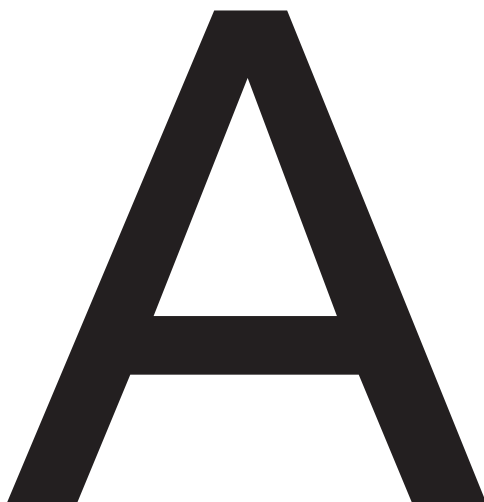
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KARAMO BROWN

THE NEWEST ADDITION TO

by Shane Lueck



As the host of #OWNShow, a daily digital show brought to you by the Oprah Winfrey empire, Karamo Brown provides the audience with stackable clips that entertain, educate, and inspire them to live their best life.

Curating the best from across Oprah's many platforms (everything from the network to the magazine), Brown gives the audience a more direct view into the Oprah brand. He says, "I do everything from interview experts and celebrities, discuss the OWN network shows and do a segment called 'OWN Minute' where I encourage the audience to be take a moment for themselves." Aha! There's that Oprah zen we all seek so desperately.

Despite being a web show, #OWNShow is approached exactly as if it were a live television show. "Our executive producer does a great job of running the show as if it were live," Brown shares. "It allows the interviews to be more authentic and real and allows us, as hosts, to grow and give our best each time."

That attention to growth and authenticity allows Brown to use popular culture to entertain as well as inspire viewers. The secret, he says, is that viewers can expect him to have fun with them while also being assured that he will do the research to get them the information they need to live their best life (there's that Oprah mantra again). Laughing, Brown adds, "There is a clip of me teaching the Golden Sisters how to dance and another of me figuring out how and sharing tips on how to give up our fears."

Put simply, #OWNShow is about getting those quick moments of fun, information, and inspiration throughout the day to help you be your best. "If you love any of the Oprah brands (*Oprah Winfrey Show*, *O Magazine*, *oprah.com*) then you will love our show because we pull from them all to give you the best content," Brown says.

#OWNShow isn't Brown's first foray into the broadcast realm, however. The openly gay Brown appeared on a 2003

episode of *The 5th Wheel*, a heterosexual dating game show, followed by a stint on the fifteenth season of MTV's *The Real World*, where it was revealed that he is an avid fan of Beyoncé, the Lakers, and art galleries, and dreamt of visiting Japan.

Inquiring about this reality TV background, Brown laughs, responding, "How did you hear about that dating show?" Pausing to chuckle again, he continued, "But yes, reality TV does help me as a host. Being on *The Real World*, I had to be open and honest about who I am. There was no hiding my flaws. As a TV host, I have to make sure that I am being my authentic self. That's the only way that the audience will connect with me."

In true Oprah fashion, the stars aligned and good vibes were sent Brown's way to get him to where he is today. Having spent the last three years hosting small gigs "just to continue to gain more skills and perfect my craft as a host," Brown was ready for the next step. He says, "A few months back I told the universe I am ready for the first big gig—to take my career to the next level. A dear friend told me that the network was casting for a new host. As Oprah says, 'When Preparation and Opportunity Meet You'll Find Success,' and I was ready, prepared, open, and the rest is history."

For Brown, it was that history that prepared him and drove his passion to become a public figure. Brown describes the simultaneous luxury and curse of being able to mask his sexuality. "People didn't automatically suspect that I was gay which made them feel comfortable enough to share their feelings about the gay community with me; which most times was negative," he shares. "I knew that if I didn't speak up and share my truth that these people might continue to live in their ignorance and that they may continue to bully other gay kids who were open about their sexuality. Once I shared my truth, I instinctually knew that part of my purpose was to use my courage to make the community I was living in better for the gay kids coming up behind me."

And yet, at first glance, Brown's story seems different than many of the children we hear about today. His parents weren't born in this country, coming from Jamaica with the clear intention to give Brown and his siblings every opportunity that wasn't afforded to them growing up. They worked hard and it paid off. Brown's father graduated and became an accountant while his mother entered into the dental field; which provided a very stable childhood for Brown and his sisters.

Of his parents' story, Brown says, "They taught me that first no matter where you come from or what 'obstacles' you are faced with you CAN achieve your dreams. It also taught me that having clear intention and working hard is the clearest path to being successful."

That work ethic and passion brought Brown to Oprah's doorstep, so to speak, as he was on the brink of hosting the #OWNShow. Reflecting back, Brown credits that up-bringing for his current approach to his job as well as his life. "When I got this job, I knew that the OWN audience

CONTINUED ON PAGE 50 ➔

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KARAMO BROWN

may have never seen anyone like me and that it was going to be an eye opener for them," he says. "You have a black man who is a single father and is gay. Any chance I can I get to share my personal story or more about who I am, I do. Because I know that there is someone out there who is looking at me and saying, 'If he can be confident and accomplish his dreams, then I can too.'"

As the single father of two sons, Brown's advice for parents is to relax and breathe. "When you are a parent, working and juggling kids, we get filled with this anxiety of getting everything done and making sure that the kids have everything. I say let that go," Brown says, reminiscent of the wisdom Oprah has been imparting on American audiences since she began hosting duties in 1983. "Twenty years from now, do you want your kids remembering you as someone who was always on edge or someone who came home after a long day and shared a joke?"

It's that same zest for life that translates into Brown's love for entertaining. Summer entertaining, Brown says, is what he lives for. Calling it a great time to show how creative you can be, Brown says summer time is about having fun and enjoying life. Getting his kids and friends involved, Brown hosted a Yellow Summer Party last year, urging each guest to bring a decoration or dish that was yellow. Despite getting a lot of lemonade, Brown says it turned out to be a lot of fun and got everyone involved.

How does Brown prepare for these get-togethers? "I build furniture so I like to take time to go to my local hardwood store and build something that can be used for my summer parties. Whether it is a rack for my spices that I will use during my barbecues or a table to put the food on."

Now that Brown has reached the big leagues (read: working for Oprah), he plans to just continue being the best father and host he can be. "Also, I am currently moving into producing content and selling shows, which I am very excited about," he says. "I also hope to get back into reality TV soon and also get into radio. I would say the sky's the limit for me but I live my life as if there are no limits. So I will just keep going after every dream I have."

For more Karamo Brown and #OWN-Show, visit www.oprah.com/ownshow. ■

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Fitness

EVERY BODY IS

We've all heard the phrase "yoga body." For most people, this calls to mind a fit, lithe, slender person dressed to the nines in the trendiest skin-tight yoga gear. This preconceived notion of what a "yoga body" is may be holding back the yogi in all of us that are, ahem, larger than average. For people who are plus-size,

being surrounded by spandex-covered, gazelle-like creatures who can bend and twist like pretzels is anything but the ideal atmosphere to improve their fitness—let alone find their center.

Take it from me, a plus-size bride-to-be on a mission to become more physically active: finding welcoming environ-

ments where I can work out or become more in tune with my current body without the judgment of someone farther along in their fitness journey has been extremely difficult. I often feel like I don't fit in with the fitness gurus who are half my size. Some people even seem surprised to see a person of my size riding along

next to them in a spin class or attempting a crow pose next to their yoga mat. I've often wondered, "Where are all my real-bodied people at? I can't be the only one...It's not fair! Where are the classes full of people my size?"

Enter Big A#%!™ Yoga at the Yoga Center of Minneapolis, a class specifically



Left: The bright and airy space at the Yoga Center. Above: Bolsters, blankets, foam blocks, and mats are used in special ways for larger bodies to make the yogis more comfortable.

(muscle deterioration due to underuse). She recalls, "I had no trust in my body, I couldn't do things I needed to do, and I couldn't stop the mind chatter." Because there were no classes tailored to plus-size yogis, Jennifer pushed through regular yoga classes, wishing that there had been a class for plus-size people like herself. She notes, "Yoga was different for me than for people who were very fit." After six months of rigorous yoga, Jennifer noticed changes in her body and mind. Her anxiety and negative body image disappeared (along with 55 extra pounds), and she came out a "completely new person."

The Big A#%!™ Yoga program was created for "anyone who feels they are out of shape, plus-size, and simply just wants to be in a yoga class with those who are in the same boat...everyone knows they are coming to a place where they can laugh and be comfortable with who they are." While there is no weight requirement, this class is specifically for people who are plus-size, ensuring that people are beginning their practice surrounded by similar bodies.

Interested students start in Beginning Big A#%!™ Yoga, a class designed to teach the building blocks of yoga to people with little to no

S A YOGA BODY

created for plus-size people who want to begin their yoga practice surrounded by like-bodied people. Their mission: to help everyone—large and larger—get in touch with his or her body through the practice of yoga. This six-week course debunks the "yoga body" stereotype and allows all willing yoga students to find yoga

poses that work with their bodies, proving that every body can be a yoga body.

Big A#%!™ Yoga was created by Jennifer Gray, founder and co-owner of the Yoga Center of Minneapolis. A self-proclaimed "retired Big A#%!™," Jennifer began her yoga journey weighing 200 pounds and with her muscles in atrophy

When Jennifer founded the Yoga Center of Minneapolis in 2000, she vowed to open up a class for people who are plus-size. Yoga changed Jennifer's life, and she wanted it to change others. Putting all political correctness aside, she christened the class Big A#%!™ Yoga, so people "have to come with their sense of humor. It's for people who are okay with who they are."

previous experience. Jennifer notes, "We just want people to feel good. We want people to challenge themselves and find trust in their bodies again." Though losing weight can be an additional benefit of yoga practice, Jennifer stresses that this program is not a weight-loss program. "We want that to come naturally. When you feel better, everything else falls into place." The main goal,

CONTINUED ON PAGE 54 ➔

Fitness



Jennifer Gray, creator of Big A#%!™ Yoga.

then, is for people to reconnect with their bodies and gain self-trust.

Through the six-week course, students learn basic yoga poses through in-depth demonstration and explanation from instructor Celia McCoy (a “real-bodied” person). Unlike most traditional yoga classes, this course begins with a great deal of discussion. This discussion allows people to become more familiar with each other and their bodies, and it creates an environment where people can comfortably ask questions. Students also learn to help each other and provide each other with constructive feedback without judgment.

Yoga is a great place for inactive people to begin their fitness journey. Jennifer notes that many people stop doing physical activity due to feeling defeated. This course, however, is tailored to be sustainable

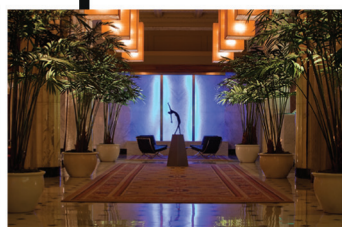
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and support its participants. Jennifer notes, "We really focus on what's right for your body. Yoga should not be generic; it should not say a pose has to look exactly one way. It really should be tailored for your body to create maximum benefits." Students learn how to adapt yoga poses to their current bodies, while learning about what their bodies and minds can do. Jennifer adds, "We help you figure out a way to find ease in everything you do, rather than fighting against it."

Through the practice of yoga, students can expect to not only find strength in their bodies, but in their minds. Because yoga requires an awareness of the connection between mind and body, the benefits of practicing yoga are both physical and mental. Jennifer notes that many people conquer anxiety issues and improve their self image, adding, "In the Big A#%!™ Yoga class especially, people build a lot of trust in their own bodies and learn they can do these things." Jennifer believes the most beneficial result of yoga practice is that "students cultivate joy if they do these practices right. They feel better and want to do it more. The empowerment comes from feeling more joy in your life. It's a really beautiful practice."

An unforeseen outcome of the Beginning Big A#%!™ Yoga class was the development of a longstanding community of Big A#%! students who are very passionate about the program. Jennifer adds, "These people really get to know each other and trust each other. It's very cool." Though some members choose to transition into other yoga classes, many members of the Big A#%!™ community wanted to continue their yoga practice together. Jennifer therefore has created a second level of Big A#%! Yoga to allow plus-size yogis to continue their practice surrounded by their community.

If you're ready to dive into the wonderful world of yoga (and you've let your size hold you back), make the commitment to yourself to attend Big A#%!™ Yoga. Surround yourself with people who are just like you—ready to laugh, learn, and love their current bodies. Discover what your body can do, and find peace and joy while being supported by the Big A#%!™ community.

The next six-week installment of Beginning Big A#%!™ Yoga begins on July 19. While the course is designed to meet each person at his or her current physical level, the course might not be right for people with severe limitations. The Yoga Center of Minneapolis is happy to provide a free consultation to determine if Big A#%!™ Yoga is right for you. For pricing, studio locations, and other information, visit www.yogacentermpls.com. ■

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Fitness

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GYM OWNER Q&A

So many questions come up at a gym, whether a person is new to working out or has been doing it their whole life. Here is where I'll answer some of the common ones I hear around the gym.

How can I get bigger without getting fat?

The reality is that muscles love calories. If you want to put on as much muscle as possible, as fast as possible, you will simply have to eat more. The downside to this is that those hard-earned abs may start to disappear.

When people start a "bulking" phase, they typically go about it all the wrong way. They start eating pizza and ice cream to get in those extra calories—don't do that!

All you need to do is add in an extra protein shake during the day; a typical shake has 150-300 calories. In time, you will put on more muscle while still keeping that much-deserved six-pack!

What supplements do you take/recommend?

People ask me this literally every day.

There are too many products out there; I like to keep it simple. First, you need to remember that they are supplements to a well-balanced diet. You need those quality whole foods!

Next, you need to be clear on your goals so you can be clear on which products to take.

If your goal is to just be healthy and active I suggest a multi-vitamin pack and whey protein shakes. No matter who you are, you need to be supplementing with both just to get in the nutrients that you need for a healthy lifestyle. If you're trying to add more muscle and get stronger, I suggest a little more: whey protein shakes, multi vitamin, Branch Chain Amino Acids (BCAA's), and Creatine.

These additional supplements will help with muscle recovery and growth.

I just don't have any motivation to workout, what can I do about it?

You need to start with "why?" Why do I want to be more fit and stronger? Is it quality of life? Is it to get more dates? Is it to do a competition? When you start with your reason why, you have a purpose to get up and do something about it.

Hiring a trainer to challenge you is the best motivation. You can also find a great training book (I suggest *Supple Leopard*) to learn more about training and to get great workout ideas.

Another suggestion I give to my clients is to find a picture of a body or bodies that you want to look like and put it on your fridge. That way you will be constantly reminded of your goal.

I think I want to do a bodybuilding/physique/bikini show but I don't know where to start! Can you help me?

Recently, new competition classes have been added to the bodybuilding shows that

make it a lot more accessible for everyone to participate. Now there are beach body type classes that are much more attainable. I suggest first going to a show so you can see what the expectations are. Then you need to pick out a show to participate in (you can find a list of local shows at mnnpc.com). I help a lot of people get started who have no idea where to begin. You'll need to set up a good basic training program and get on a healthy and consistent diet; I suggest hooking up with a trainer who can help you with diet, training, and posing. It's a lot of hard work and discipline but it's worth every minute of it! If you have any questions about this article and would like to talk more in depth about anything please reach out to me. I love to help people with this stuff! ■

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BIGGAYNEWS FROM INDIANA:

Judge Strikes Down Indiana's Ban On Same-Sex Marriage, Says It Violates Equal Protection

U.S. News & World Report reports that a federal judge has struck down Indiana's ban on gay marriage, calling it unconstitutional. On Wednesday, June 25, U.S. District Judge Richard Young ruled that the state's ban is in violation of the U.S. Constitution's equal-protection clause. While it's not currently clear on whether this ruling will allow same-sex marriages to begin in the state, the Indiana attorney general's office has vowed that it will appeal the judge's decision.

BIGGAYNEWS FROM UTAH:

U.S. Appeals Court Backs Gay Marriage In Marriage In Conservative Utah

Reuters reports that a U.S. appeals court ruled on Wednesday, June 25, that conservative Utah may not ban gay couples from marrying, a decision that capped a day of victories for same-sex nuptials and nudges the issue closer to the U.S. Supreme Court. The ruling was the first time that a regional appeals court has made such a decision since the Supreme Court ruling on DOMA, and came on the heels of a federal district judge in Indiana striking down the state's ban on gay marriage as unconstitutional. In an expected move, the Utah state attorney general's office said that it would file an appeal to the U.S. Supreme Court.

BIGGAYNEWS FROM WASHINGTON:

Starbucks Raises Gay Pride Flag Over Seattle Headquarters

The *Huffington Post* reports that Starbucks marked the 40th anniversary of Seattle Pride by raising an enormous 800 square foot flag over its headquarters in the Evergreen State. Starbucks CEO Howard Schultz, a longtime supporter of GLBT equality, stated that he is "thrilled that Starbucks is showing their support for the LGBT community in this very big, very public way," and hopes that the rainbow flag will welcome the thousands of people coming into Seattle for Pride week. Starbucks has been

a longtime supporter of the GLBT community, and has been criticized in the past by conservative groups for their endorsement of same-sex marriage in Washington state.

BIGGAYNEWS FROM MINNESOTA:

Betty Crocker Sponsors Twin Cities Festival, Donates Wedding Cakes

The *Huffington Post* reports that Betty Crocker [General Mills] is once again making moves to show their support for the GLBT community and same-sex couples. The company is an official sponsor for the Twin Cities Pride Festival for the second year in a row, and is also planning to donate wedding cakes to several couples who intend to marry during the Pride festival on Saturday, June 28, in Loring Park in Minneapolis. Pertteet Spencer, who serves as marketing manager for Betty Crocker, commented that "Pride is a way for us to really bring our brand purpose to life by celebrating all families."

BIGGAYNEWS FROM TEXAS:

Trustee Wants Houston Community College To Withdraw From Pride Parade

The *Houston Chronicle* reports that Dave Wilson, an anti-gay activist who won a contested race for a seat on the Houston Community College board last November, wants HCC to cancel its plans to sponsor a float in this month's gay pride parade. The college has participated in the parade in previous years, and HCC Chairwoman Neeta Sane believes that their involvement reinforces the college's policy of reaching out to all cross-sections of the community. Wilson, however, is calling for a vote by the board, saying that "if the KKK had a parade, I would hope the college wouldn't lend its name to that."

BIGGAYNEWS FROM PENNSYLVANIA:

Minister Who Was Defrocked For Officiating Gay Wedding Wins Appeals

The *Los Angeles Times* reports that Frank Schaefer, a Methodist minister who was defrocked six months ago after officiating at his son's same-sex wedding, won his appeal to have his religious credentials restored by the church on

Tuesday. Reverend Schaefer's punishment was reviewed by a nine-person panel of clergy and lay members, and his defrocking by the Eastern Pennsylvania Conference was determined to be "unlawful." Schaefer, who will now be able to return to religious work as well as retroactively receive his benefits and salary, commented that he is "just elated," and considers it a victory for himself, the church and the GLBT community.

BIGGAYNEWS FROM TEXAS:

Mayors Take Stand Against Their States' Anti-Gay Policies

The *Huffington Post* reports that city leaders from several states with gay marriage bans took a stand for marriage equality Monday at the U.S. Conference of Mayors in Dallas, when they signed a resolution calling on the Supreme Court to end marriage discrimination nationwide. Many of the mayors who were integral to the passage of the resolution hailed from states such as Arizona, Texas, Ohio, Colorado, Missouri, and Georgia which have bans on same-sex marriage, and even included the Republican mayor of San Diego, Kevin Faulconer. Evan Wolfson, the president of Freedom to Marry, noted that the resolution is heartening, stating "from small towns to big cities, America's mayors know that including gay couples in the freedom to marry does nothing but strengthen families and communities for all."

BIGGAYNEWS FROM LUXEMBOURG:

Luxembourg Approves Same Sex Marriage, Adoption By Gay Couples

The *Star Tribune* reports that lawmakers in Luxembourg, whose prime minister is openly gay, overwhelmingly approved changes in the small European nation's legislation governing marriage on Wednesday, June 18, that will allow people of the same sex to wed and adopt children. In an overwhelming vote of 56-4, the Chamber of Deputies approved the bill, which is the first major change in marriage laws in the country since 1804. The change could take effect by early 2015 according to the Chamber's official website. ■

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A Dog's Life

I'm sitting in my "writing chair." As the name suggests, this is the chair I sit in when I write my column. (Although, it should be called the "watching television and drinking wine chair" since that's its main function.)

I like the chair not because it's comfortable (it's not), but because its threatening design (it looks like a cross between a pterodactyl and a meatloaf) discourages my dogs from climbing on it.

I'm not one of those fancy people who do not allow their dogs to jump on furniture. My dogs are allowed anywhere I'm allowed! In the bed. On the couch. On top of my chest while I try to perform yoga at home.

But I don't like them to sit with me while I write. Why? Because they are jealous of my computer. It takes attention away from them, so they hate it. They swat the cover shut so I can't type. They bite it. They slap the keyboard with their paws, creating typos. (Yes, they are to blame for every typo in my columns.)

I have two miniature schnauzers and a French bulldog. The Frenchy was a good dog when we first got her, but the schnauzers have corrupted her. Very similar situation to when the Germans occupied Paris. The Frenchy used to be my ally. Now she's a willing collaborator with my oppressors.

The dogs also hate my girlfriend. She, too, steals my attention from them. They form a literal dog-wall between us in bed, preventing the slightest possibility of physical affection. Occasionally, my girlfriend will lure them out of the bedroom with a chew-treat. However, they quickly realize the ruse and then all three hurl their pot-roast-sized bodies against the door until we let them in.

When you're a young lesbian, no one tells you what your life will become after you tire of late-night bar hopping and senseless romantic

drama. When you grow up and stop looking for "the one" (because there isn't "the one" but rather "the latest one"), you start collecting creatures.

When I was in my 20s, I played host to the occasional cat. This is the perfect pet for your 20s. It lives its life and you live yours. You can't imagine being mature enough to own a proper set of steak knives let alone another living thing. But by your 40s, you're entire life revolves around your pets.

This is how it happens: You get your first dog when you move in with your first serious girlfriend. When that ends badly, you engage in an ugly custody battle for the dog. You lose. Grief stricken, you get drunk and adopt a couple puppies via the website of a local pet shelter.

A week or so after getting the puppies and vowing to never again enter into a relationship with a human being, you meet a woman and move in together. She has at least one cat and a couple of dogs. (You are too wise to become involved with a woman who owns a reptile.) Together, you adopt a few more. Eventually, you break up. Another ugly custody battle ensues. Somehow you wind up with a couple of her pets in addition to your own.

So, by your mid-40s, your house is overrun with animals. You don't go out at night because you feel guilty leaving them alone. You don't have sex, because it upsets them. You choose their needs and feelings over your own. They're little brutes who destroy your shoes and demand your undivided attention. You'd never put up with this behavior from a girlfriend. But because they can't talk, which allows you to use your powers of denial to ignore the fact that they only love you because you feed them, you forgive their slobbering, their shedding, and their bullying. Because they make you happier than anything else in life. ■

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ADVERTISER INDEX

Adult

Megaphone.....61

Squirt - PressNet, Inc.....61

Automotive

Richfield Bloomington Honda.....31

Turbo Tim's Anything Automotive.....57

Bars & Nightlife

Liquor lyles.....50

19 Bar.....50

Gay 90's.....51

Beauty & Relaxation

BodyBrite Uptown.....39

Beverages

Liquor Boy.....23

Business Services

Outloud Promotions.....41

Casino

Jackpot Junction.....29

Events

Rochester Pridefest.....29

Green Acres.....13

Sausage Fest.....6

Financial

Bentley, Chris - Ameriprise Financial.....25

Karen R Palm, CPA, CFP.....9

Moltaji, Roya.....11

National Account Services.....11

ROR Tax Professionals.....41

Grocery Stores

Mississippi Market.....9

Health & Wellness

Blue Cross Blue Shield of Minnesota.....40

Burns, Steve.....47

Jeromeo In The Loop.....55

MN Natural Male.....55

Pride Institute.....54

Quitplan.....55

Right at Home.....11

Trivacy.....2-5

University of Minnesota, Infectious Diseases.....61

Uptown Dermatology & SkinSpa.....59

Home Services

House Lift Remodeler.....45

Minnesota Exteriors Inc.....39

Soderlin Plumbing, Heating & Air Conditioning.....11

Insurance

Bartell, Dawn.....11

Natalie Fox, Farmers Insurance.....40

Jewelry

Max's.....10

Scheherazade Jewelers.....9

Shane Co.....17

T Lee Fine Designer Jewelry.....13

Wedding Day Diamonds.....5

Legal

Bortel Firm, LLC.....57

Cloutier Law Offices.....14

Heltzer & Houghtaling.....41

Jerry Burg, Attorney at Law.....40

Johnson, Randall.....50

Law Offices of Caro Kinsella, PA.....45

Moshier, Becky.....9

Robichaud, Anderson & Alcantara, PA.....47

Swaden Law Offices.....47

Media & Communications

AM950 Radio.....41

MPR & The Current.....47

Radio K 770.....5

Organizations

Metropolitan Center for Independent Living.....59

Twin Cities Quorum.....40

Pet Products & Services

The Canine Club & Spa.....37

Larperiteur Animal Hospital.....37

Pet Chatz.....46

Pet Dermatology Clinic.....46

Pets Are Inn.....39

Second Chance Animal Rescue.....37

Scenic Hills Animal Hospital.....45

St. Francis Animal & Bird Hospital.....45

Woof Pack Dog Daycare.....37

Real Estate & Rentals

Fritz Kroll.....11

Ruzick, Amy & Johnson, Kay.....41

Restaurants

Blackbird Cafe.....23

Burger Mo'e's.....25

Ceci's Deli.....21

Crave Downtown Minneapolis.....21

The Imperial Room.....25

Jakeeno's Pizza & Pasta.....23

Loring Kitchen & Bar.....21

Marin.....19

Mason's Restaurant / Barre.....25

Melling Pot, The.....14

Mosaic Cafe.....23

Northbound Smokehouse

Brewpub.....25

Toast Wine Bar & Cafe.....23

Uptown Diner, Woodbury Cafe,

Louisiana Cafe, Grandview Grill.....23

Retail

Turn Style Consignment.....13

Sports & Recreation

Scotterville.....57

Tattoo

Almost Famous.....57

Tobacco Products

Smokeless Smoking.....51

Travel & Accommodations

The Hotel Minneapolis & restaurant

Max.....54

Water Street Inn.....31

Zoos

Minnesota Zoo.....29



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Limbo For Millennials

I am not a “man.”

My dad is a man. People over 30 are men. People who have graying facial hair or hair on their chests are men. Being a “man” means being older and stronger and hairier. I am not a man.

I am a 27-year-old *male*. I am a 27-year-old *guy*, a *young man*, an *aging boy* even, but not a “man.”

“Man” is what you see in the crime section of the newspaper: *Police are seeking a 35-year-old man for armed robbery and assault with a deadly weapon.*

That’s okay.

It’s also okay to use “man” to describe guys under 30 as long as they’re straight, straight-acting, or otherwise self-identify as being a “man.”

But then, at Lund’s on Hennepin:

I’m walking through the hot bar toward Breads and Cheeses. I’m having friends over for dinner, which really means copious amounts of wine and cheese. I see an older woman standing at the pasta bar; she’s struggling to scoop potato salad into a to-go plate. I stop.

“Would you like some help?”

“That would be wonderful,” she says. “Three scoops please.”

“Anything else?”

“No, thank you. You’re a sweet man. You must be a charm around the house.”

The floor falls out from under me.

A sweet *what?*

She didn’t say *young man*. She said *man*.

Rude realities start spilling over my mind’s proverbial dam of denial. The present flashes across my vision: friends hanging curtains and televisions in my house because I don’t

know how; nieces and nephews crying—and I cringing—because I don’t know how to respond; standing in the emergency lane of a highway, waiting for a tow truck because I can’t change a tire.

Friends tease me because I’m helpless. I ignore them. Being handy and knowing how to do things like hang curtains have always been “grown-up” chores, always years away. Now I feel the heat from an increasing number of candles on my birthday cake. Around me stand people staring at me like a man-boy circus freak.

I realize I’m a guy nobody wants: a faux boy—immature, conceited, lazy, foolhardy and naive, still playing the “young and cute” card. But it’s past due. “Years-away” has vanished. “Boy” has expired.

Later I’m home baking frozen pizza (because I eat only frozen food), listening to NPR’s Robert Siegel deliver a story on social media. I find this amusing because it’s likely he doesn’t know what he’s talking about.

Then I hear words I haven’t heard before. Names of new social media companies. Twitter slang that leaves me guessing. How don’t I know what “MCM” means? I still live in an “LOL” world. I remember when PCs cost \$5,000 and the Internet was called the Information Superhighway.

I’m in my *late twenties*. I’m supposed to know where I want to take my life. This is the time a writer publishes his first book; I lose attention after 700 words. Now is when I should be house hunting; I live in an overpriced 800 sq. ft. apartment.

I don’t have Instagram or Snapchat and I don’t watch *Real Housewives of Wherever* (is

that still a thing?) or own a television. I’m in limbo between being an adult and owning the traits of a good Millennial, in a gray space that my peers all seem to have sorted out. I’m uncool *and* immature. You can’t be both, right?

NPR reaches me on waves of pepperoni and it all hits all too hard: I am not a “man” not because “man” indicates age or masculinity, but because I equate the word with “adult.” “Man” comprises things I don’t want to face: life’s demands, the sobriety of grown-up-hood. I’m hung over from an addiction to youth, what’s slowly been slipping out of my hands for years.


I look around my apartment, at my uncomfortable, over-priced, trendy furniture, and I see it for what it’ll be in five years: nothing. My apartment is sexily furnished to impress boys and friends, but it shows no sign of me. I didn’t even decorate the place.

That’s not to say my apartment’s décor is litmus for maturity, but that it’s the signature of someone who’s absent, at least in my case and in some measure, of self-realization. I pride myself on being myself, and I’ve left this charge unassailed, but maybe who I am is nothing more than a boy’s dream come to life, that’s outgrown its welcome, that’s cast a shadow over the person—the *man*, to be politically incorrect but completely honest—that I want to be.

Is it a curse of the Pre-Thirties to feel this way? Is this feeling a common but secret third-life crisis? Or am I scooping potato salad too late?

I don’t know, but I’m not waiting for hair on my chest anymore. ■

ThroughTheseEyes.JustinJones@gmail.com



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